The Delaware Heritage Cookbook

Compiled and edited by Aloah E. Hatz
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A Delaware Heritage Commission book commemorating the 200th anniversary of the United States Constitution and Delaware’s ratification as “The First State.”

THE MIDDLE ATLANTIC PRESS
Wilmington, Delaware
For the descendants of
200 years of great cooks from
"The First State"

THE DELAWARE HERITAGE COOKBOOK
A MIDDLE ATLANTIC PRESS BOOK

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A Delaware Heritage Commission book,
commemorating the ratification of the
United States Constitution by Delaware, "The First State"

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SKETCHES
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Preface

Aloah E. Hatz proposed the idea of a special cookbook to commemorate the two hundredth anniversary of Delaware’s ratification of the United States constitution. Delaware, “The First State” to ratify the Constitution, was one of only three states to ratify unanimously.

The Delaware Heritage Commission, which has been charged by the General Assembly to “plan, encourage, develop, coordinate and implement observances and activities pertaining to the achievement in Delaware of liberty and independence through a constitutional government” approved the project and encouraged Mrs. Hatz to go ahead, providing support services as needed.

Mrs. Hatz, who has been deeply involved in community activities in Claymont, has compiled three other cookbooks for local benefit. Her books What’s Cooking in Claymont, Claymont Sampler, and Claymont Potpourri have been favorably reviewed in the Wilmington newspapers and are in wide use in the area.

Recipes were requested from leaders in the state and from groups of interested citizens. Hundreds of letters and telephone calls were made. The flow of recipes from present and former Delawareans was tremendous. Many important people shared their favorites. A number of historical receipts have been collected from former First Staters. Interested people sent in too many to use, and in order to produce a book of workable size, the committee had to pare down the number and include only one from each person.

Many volunteers assisted by testing the recipes and making suggestions for their improvement. All changes were cleared with the submitters. Mrs. Hatz wants to thank Debbie Amsden, the County Home Economist; Brock and Co., Inc.; Doris Carignan of the Delaware State Archives; Allen B. Clark, Curator of Barratt’s Chapel in Kent County; Doris Hicks of the Delaware Sea Grant College of the University of Delaware; Natalie Loughran, and Shirley Bailey of the Governor’s House; Kate Wheeler, Director of Tourism, Ruth Crossan, and artist Nancy Sawin. Dr. Richard A. Rooney, Jan Wrigley, Don Crawford, Helen Mechell, Jean Santobianco, and Dr. Frank J. Furgele, Superintendent of the Brandywine School District were particularly helpful.

Old receipts came from the 1834 S. Ridgely family cookbook, thanks to the Honorable Judge Henry Ridgely Horsey; and from Charles W. Atkins who shared Mrs. Charles L. Terry’s receipts. State Senator Roger A. Martin shared his wealth of knowledge concerning Delaware governors.
At the time of the ratification, cookbooks were a rarity. A few had been published in England prior to 1787, and some of them were found in America. But mainly these were the work of cooks from the palaces and great houses of England who were sharing their secrets with the rich and wealthy who wished to emulate the cuisine of the nobility. Very few people could afford the ingredients required to make up the recipes.

Up through the early years of the eighteenth century, most ordinary people had the plainest of diets. The basic ingredients were cereals, in the form of bread or mush, and meat. For most purposes people did not even need a plate or knife and fork. A bowl, spoon, and fingers sufficed. Vegetables and fruits were eaten in season, but few were stored for consumption through the winter and spring. For these people a recipe book was a glimpse of another world entirely beyond their reach. Only on feast days did they enjoy the array of varied dishes described in the books.

Through the eighteenth century people with increasing frequency tried to balance their meals by introducing vegetables and fruits. Meat pies came into common use; more and more vegetables and fruits were grown and stored; and plates, knives, and forks appeared in household inventories. In the early years of the nineteenth century diets much like our own with meat, vegetable, and a starch served on a plate with knife, fork, and spoon became the standard. People varied their diets too, rather than offering the same fare day after day. By 1830 there was a much broader need for recipe books among ordinary middle-class people.

Now in our privileged times we dote on recipe books and delight in trying new dishes. A large proportion of our population can afford to experiment with new foods and enjoy the pleasures of a varied cuisine.

The Delaware Heritage Commission hopes that this book will be useful in enabling citizens of our state and elsewhere to enjoy one of the benefits of modern prosperity—a varied and pleasurable diet. Commemorating an era gone by, the book documents the past and present foodways of the state. Future First Staters looking over these recipes will have the notion of favorite foods in 1987.
Cover Illustration
The photograph of the dining room of Woodburn, the home of the Governor of Delaware, was taken by Kent A. Snell. The house was built in 1790 by Charles Hillyard and is furnished with contemporary furniture from the Spanel Estates. The silver punchbowl, purchased by the people of Delaware in 1910, was originally used on the *U. S. S. Delaware* and was crafted by William C. Codman and made by the Gorham Silver Company. It is decorated with the State Seal, the National Seal, and figures of Columbia and Liberty. The punchbowl has the capacity of 95 pints. In 1923, when the ship was decommissioned, the Navy Department returned the punchbowl to the state.

The wall cupboard contains a fine collection of Rose Medallion China and Canton-China, late 18th century (on loan from Delaware Historical Society), and four hand blown antique Syallabub glasses, late 18th century. The 19th century candlesticks over the fireplace are Brass; silver from Warzawa, Poland, and the vases are from Holland (Delft), *circa* 1895.

On the dining room table, in addition to the punchbowl and ladle, is a silver casserole and a silver cookie dish, 1865, a Wedgwood cream pitcher, late 1800s, a Wedgwood candle holder, Wedgwood candy dish, and a Wedgwood cake knife and server, 20th century, from a private collection.

Recipes for pastries and punch pictured are included in the book. Reading from left:

- Chocolate fudge
- Chrusciks
- Lemon coconut chews
- Snickerdoodles
- Peanut brittle
- Shellpot Park Punch
- Molasses pound cake
- Pecan nut cups
- Sugar cookies
- Petit Fours
- Pringles
- Seven Layer cookies
March, 1987

Dear Friends:

1987 is a proud year for Delawareans as we commemorate the 200th anniversary of the United States Constitution and Delaware's historic ratification as "The First State". Increasing the awareness of our heritage is one of our goals for this Bicentennial year. We also hope to provide a record of the present for the benefit of future generations.

This cookbook, sponsored by the Delaware Heritage Commission, represents a valuable part of our current culture and our culinary heritage. Delawareans have always eaten well and all who enjoy good food can certainly appreciate our dining heritage - built on the diversity of agricultural products found within the boundaries of our state and the seafood delicacies abundant in our waterways.

As Delaware celebrates her preeminent position as "The First State" to ratify the United States Constitution, I invite you to join with us in sampling a "taste" of Delaware.

Sincerely,

Michael N. Castle
Governor
## ILLUSTRATIONS

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APPETIZERS

DELAWARE SPECIALS

Yield: 40 pieces

1 cup grated sharp cheese  
¼ cup mayonnaise (not salad dressing)  
½ cup green onion, chopped fine

3 ¼-ounce can pitted black olives, chopped fine  
5 English muffins

Mix together first four ingredients and spread on 5 English muffins, which have been split and quartered. Bake at 350° until cheese melts.

The mixture can be made 24 hours ahead. The muffins can be prepared 1 or 2 hours ahead. Spread mixture on muffins, put them on cookie tray and wrap in foil. Remove foil; bake as usual.

Sadie Nevin, Claymont, Del.
BITTERBALLENEN Hot and Spicy

Yield: Approximately 36 savory balls

3 tablespoons butter  
5 tablespoons flour  
1 cup chicken broth  
½ pound cold cooked veal, shredded  
1 tablespoon finely chopped parsley  
½ teaspoon salt  
A dash of freshly ground black pepper  
1 teaspoon Worcestershire sauce  
2 egg whites  
½ cup fine dry bread crumbs  
Vegetable oil

Form a roux by melting the butter, rubbing in the flour to make a paste, then adding the broth. Cook on low heat until thickened. Add the cooked veal, parsley, salt, pepper, and Worcestershire sauce, and mix well. Form this mixture into 1-inch balls. Beat egg whites until foamy. Dip balls into egg whites, then coat with bread crumbs.

Pour 1 to 1½ inches oil in 12-inch skillet; heat to 370°. Drop balls into hot oil; fry until golden brown; remove from skillet; drain.

Serve with prepared mustard (Dijon type is good).

Traditionally in Holland when the hour between five and six arrives and the day’s work is over, it is time for a glass of Dutch gin or “genever,” called a “borrel.” A snack such as bitterballen must always accompany a “borrel.” These crispy, golden-brown balls are made with chopped meat, dipped in mustard sauce. Bitterballen are served so hot that foreign guests are warned not to pop them right into their mouths.

With the compliments of the Royal Netherlands Embassy
BROCCOLI FONDUE

Yield: approximately 3 cups

1 package frozen chopped broccoli
½ cup almonds
1 bunch scallions with tops
¼ pound butter
1 small can sliced mushrooms, drained
8 ounces processed cheese
10 ¾-ounce can cream of mushroom soup
Dash of pepper
1 teaspoon Worcestershire sauce
¼ teaspoon hot pepper sauce (I use 3 drops)

Cook broccoli according to package directions, then drain. While broccoli is cooking, toast almonds in 375° oven until lightly browned, then crumble. Chop scallions finely. In a fondue pot, melt butter and sauté scallions for 10 minutes until translucent, not brown. Add broccoli, almonds, and rest of ingredients, mix and heat until cheese is melted and mixture is bubbling.

Serve out of the fondue pot with French or dark bread chunks or crackers. Can also be served with toast triangles.

The fondue can be prepared, then frozen.

Karla Crossan, Townsend, Del.

PIZZA FONDUE

2-pound can stewed tomatoes
8-ounce package sharp cheese, shredded
½ teaspoon oregano
Sausage, cooked, and/or pepperoni, optional
2 loaves of Italian bread

Combine tomatoes, cheese, and oregano in saucepan. Heat over a medium-low heat until all the cheese has melted and mixture is hot. Pour into fondue pot. Dip in chunks of stale or toasted Italian bread. The sausage and the pepperoni may also be dipped.

Carol Comegys, Newport, Del.
PARTY CANAPES

Yield: 48 canapes

6 ¾-ounce can chunk ham or 1 cup cooked, ground ham
2 tablespoons mayonnaise
2 tablespoons piccalilli or sweet relish
Salt
8 slices bread (white, rye, whole wheat)
Prepared mustard

Mix ham, mayonnaise, relish, and salt. Chill. Trim crusts from bread. With rolling pin, lightly flatten bread slices. Spread with mustard. Spread ham mixture evenly on bread slices. Roll up jelly roll fashion. With sharp knife, slice each roll into 6 circles. Chill or serve immediately.

Aileen Clifford, Claymont, Del.

BLUE CHEESE LAGOON

Yield: 1 quart

2 eggs
1½ teaspoons salt
½ teaspoon dry mustard
¼ teaspoon white pepper
2 cups light, tasteless salad oil
½ cup milk
Juice of one lemon
1 tablespoon vinegar
1 teaspoon onion juice
1 cup Blue cheese

Beat eggs with salt, mustard, and pepper in a blender on high. When thick, add salad oil very slowly, beating continuously and thinning with milk as needed. Slowly add lemon juice, vinegar, and onion juice. Stir in crumbled cheese. Store in refrigerator.

Can be used chilled as a dip for appetizers or at room temperature as a salad dressing.

Clarence Champlin, Wilmington, Del.
PARTY CHEESE BALL

Yield: 2 large balls

2 8-ounce packages cream cheese
¼ cup mayonnaise
½ cup grated Parmesan cheese
2-½-ounce package sliced dried beef, chopped
2 tablespoons chopped onion
1 teaspoon horseradish
Chopped nuts

Combine all ingredients. Shape into ball. Roll in nuts. Chill.
Nancy Carey, Claymont, Del.

DELAWARE CHICKEN WINGS

Yield: 15 or 20 chicken wings

1 large package chicken wings
1 teaspoon salt
½ cup soy sauce
½ cup spiced peach syrup
4 tablespoons sugar
½ teaspoon monosodium glutamate
2 tablespoons lemon juice
10 drops hot pepper sauce
2 cloves garlic, minced
1 tablespoon brown sugar

Put wings in roasting pan and sprinkle with salt. Mix next 7 ingredients together and brush generously on wings. Roast in 250° oven 1½ hours until wings are golden brown and tender. Turn and sprinkle with brown sugar. Roast 20 more minutes.
Barbara Blackney, High Point, N.C. formerly of Claymont, Del.
CRAB APPETIZERS

Yield: 24 wedges

1 stick margarine
1 small jar Old English cheese spread
1-½ teaspoons mayonnaise

⅓ teaspoon garlic salt
6-½-ounce can crabmeat
6 English muffins, split

Combine margarine, cheese, mayonnaise, garlic salt, and crabmeat. Spread on 6 English muffins. Recipe may be frozen at this point. Bake 10 to 15 minutes at 425°. Cut each muffin into wedges.

Jean Jones, Springfield, Pa.

HOT CRAB APPETIZER

Serves 4 to 6

8-ounce package cream cheese
1 tablespoon milk
1 cup crabmeat
2 tablespoons chopped onion

½ teaspoon horseradish
¼ teaspoon salt
Dash of pepper

Blend cream cheese with milk. Add remainder of ingredients, blending well. Spoon into shallow, 6-inch deep baking dish and bake at 375° for 15 minutes. Serve with party rye or crackers.

A favorite of Newark’s Mayor Bill Redd.

Anne H. Redd, Newark, Del.
CRAB DIP

Serves 8 to 12

2 8-ounce packages cream cheese, softened
2 6-½-ounce can crab meat
1 medium onion, minced
1 tablespoon horseradish sauce
1 tablespoon Worcestershire sauce
 Dash pepper

Combine all ingredients and pour into buttered 1½-quart casserole. Bake at 375° for 15 minutes. (In a microwave, bake 10 minutes at 40 and 3 minutes at high.)

You can use a food processor for the crab and onion to speed things along.

Bruce Bartoe, a friend of Delaware

DILL DIP

Yield: approximately 2 cups

1 cup sour cream
1 cup light salad dressing
2 tablespoons dill weed
2 tablespoons dried onion flakes
1 tablespoon seasoned salt
3 tablespoons dried parsley flakes

Combine all ingredients. Serve with raw vegetables.

Carolyn Burlew, Wilmington, Del.

HOT DOGS IN BOURBON

Yield: approximately 50 pieces

1 pound hot dogs
1 cup catsup
1 cup brown sugar
½ cup bourbon

Cut each hot dog into 5 pieces. Place in chafing dish with mixture of catsup, sugar, and bourbon. Simmer for two hours.

Serve from chafing dish using toothpicks or small forks.

Madeline Arnold Dunn, Laurel, Del.
HAM DIP

Yield: approximately 1½ cups

½ cup mayonnaise  
8 ounces cream cheese  
2½ ounces deviled ham  
2 tablespoons pimento

½ teaspoon onion juice  
¼ teaspoon Worcestershire sauce  
Dash salt and pepper


Lorraine Carver, Wilmington, Del.

PINK HERRING

Yield: 1½ quarts

1 4-to 6-ounce jar herring tidbits, draining optional  
1 pint sour cream

1 can (16 ounces) whole-berry cranberry sauce  
1 or 2 large red onions, sliced

Mix all ingredients and refrigerate overnight to blend flavors. Serve with crackers, party rye, or pumpernickel as an hors d’oeuvre.

If this is too sweet for your taste, add more sour cream and/or more herring. (I do!)

Alene Groll, Wilmington, Del.
APPETIZERS

JOHN'S LIVER PATÉ

Serves 10 to 12

1 pound chicken livers
2 tablespoons butter
¼ cup thinly sliced onion
2 hard-boiled eggs, riced
¼ tablespoon sugar
2 tablespoons sherry
Salt and pepper to taste
Heavy cream (optional)

Chop livers and sauté in butter. Add sliced onions and cook until onions are soft and liver cooked through. Remove from heat and put through a food mill into a mixer bowl. Add eggs, sugar, sherry, salt, and pepper, and beat until thoroughly mixed. If too thick, add heavy cream until the consistency of thick batter. Place mixture into a serving mold and refrigerate until chilled. Serve with plain crackers. Saltines are still best.

Mayor John Hughes, Rehoboth Beach, Del.

MARINATED MUSHROOMS

Serves 4 to 6

1 pound mushrooms
1 package dry Italian salad dressing
Oregano to taste
1 tablespoon chopped parsley
1 clove crushed garlic
Salt and pepper

Wash mushrooms quickly. Steam them for 10 minutes. In meantime, mix salad dressing according to package directions, then add the other spices. After mushrooms are steamed, add while hot to dressing mixture and place all in a jar and shake—or in dish or bowl and stir well. Eat at once or will keep in refrigerator indefinitely.

“Oh, so good!”

Dorothy Sherwood
NEW CASTLE COUNTY
STUFFED FRESH MUSHROOMS

Serves 10

1 pound large Delaware mushrooms
1 quart water
1 teaspoon salt
1 tablespoon lemon juice
3 to 4 chopped green onions, tops and all

1/4 cup butter
3/4 cup beef bouillon
1/4 pound Delaware crabmeat
1 cup seasoned bread crumbs

Wash and core mushrooms, reserving stems. Bring water, salt, and lemon juice to boil; add mushroom caps. Boil for 2 minutes. Drain. Dice mushroom stems. Sauté onions and mushroom stems in butter until tender. Add bouillon, crabmeat, and bread crumbs. Fill mushroom caps with mixture, place in shallow baking pan, and bake at 350° for 15 to 20 minutes.

Top them off with local crabmeat—“Quite a treat!”

Delaware ranks Fourth in the United States in the production of mushrooms.

Delaware Department of Agriculture

PARTY MUSHROOMS

Serves 6 to 8

1 1/2 pounds mushrooms
1/2 to 3/4 cups chicken broth

5 tablespoons butter
Salt to taste

Wash, peel, and stem mushrooms. Place all ingredients in a frying pan, and cook, covered, for about 5 minutes. Remove cover and cook until broth evaporates.

Serve with meal or as an appetizer.

Chris Price, Townsend, Del.
SALMON PARTY SPREAD

Yield: approximately 2 cups

8-ounce package cream cheese
15½-ounce salmon, cleaned and deboned
1 tablespoon lemon juice
1 teaspoon horseradish
¼ teaspoon liquid smoke
(available in gourmet section of supermarkets)
2 tablespoons grated onion and juice
6 sprigs of parsley, chopped fine
¼ cup pecans, chopped

Cream the cheese and add remaining ingredients. Shape in a mound. When serving, use a nice serving board or dish. Garnish with 6 to 8 sprigs freshly chopped (fine) parsley and ¼ cup chopped pecans.

Serve with crackers.

Margaret A. Brown, Claymont, Del.

SAUSAGE BALLS

Yield: 48

1 pound fresh sausage, hot or mild according to preference
2 cups grated or shredded Cheddar cheese
3 cups packaged biscuit mix
2 tablespoons water

Remove casing from sausage and crumble. Mix all ingredients together. Roll mixture into small bite-sized balls. Place on cookie sheet. Bake at 400° for 10 minutes.

Karla Pfirrmann, Wallace, N.C., formerly of Claymont, Del.
HOT SHRIMP DIP

Yield: About 1 cup

8 ounces cream cheese  
6-ounce can shrimp  
1 tablespoon milk  
1 teaspoon Worcestershire sauce  
1 teaspoon horseradish  
1 teaspoon minced onion

Mix all ingredients together with electric mixer. Put into ovenproof dish. Bake uncovered at 350° for 20 minutes. Best served with firm crackers.

Fred Wrigley

SHRIMP LOG

Yield: 2 loaves

2 4-¼-ounce cans shrimp  
( rinsed, drained, and shredded)  
8-ounce bar sharp cheddar cheese, grated  
6 to 8 scallions, finely chopped  
1 cup mayonnaise  
Dash of garlic salt

Mix all ingredients well and shape into 2 loaves. Serve with crackers or party rye. Keeps in refrigerator 2 weeks.

Loreta J. Workman, Georgetown, Del.
## TEX-MEX DIP

*Serves 16 to 20*

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<tr>
<td>3 medium-size, very ripe avocados</td>
<td>1 large bunch green onions with tops, chopped (about 1 cup)</td>
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<tr>
<td>2 tablespoons lemon juice</td>
<td>3 medium tomatoes, seeded and coarsely chopped</td>
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<tr>
<td>½ teaspoon salt</td>
<td>2 cans (3-½ ounces each) pitted ripe olives, drained and coarsely chopped</td>
</tr>
<tr>
<td>¼ teaspoon pepper</td>
<td>8 ounces shredded sharp cheddar cheese</td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td>Large round tortilla chips</td>
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<tr>
<td>½ cup mayonnaise</td>
<td>1 ¼-ounce package taco seasoning mix</td>
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<tr>
<td>2 cans (10-½ ounces each) plain or jalapeño flavored bean dip</td>
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Peel, pit, and mash avocados (food processor is great for this) with lemon juice, salt, and pepper. Combine sour cream, mayonnaise, and taco seasoning in a separate bowl.

To assemble: Spread bean dip on a large (at least 16-inch) round, shallow serving platter; top with the avocado mixture; layer with the sour cream taco mixture. Sprinkle with onions, tomatoes, and olives. Cover with shredded cheese. Serve slightly chilled with round tortilla chips.

I like to bring the top two layers in an inch each to accent the different colors.

Marsha Walters, Wilmington, Del.
**ZUCCHINI APPETIZERS**

*Yield: About 4 dozen*

3 cups thinly sliced, unpared zucchini (about 4 small ones)  
1 cup packaged biscuit mix  
½ cup finely chopped onion  
½ cup grated Parmesan cheese  
1 to 2 tablespoons snipped parsley  
½ teaspoon salt  
½ teaspoon seasoned salt  
½ teaspoon dried marjoram or oregano  
Dash of pepper  
1 garlic clove, finely chopped  
½ cup vegetable oil  
4 eggs, slightly beaten  
Mushrooms (optional)

Mix all ingredients together in bowl. Bake in greased oblong 9 by 13 by 2-inches pan at 350° until golden brown (about 50 minutes). Cut into pieces about 1 by 2 inches.

Betty Merchant, Claymont, Del.

**APPETIZER COMBINATIONS**

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<th>FRUIT</th>
<th>BREAD AND CRACKERS</th>
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BEVERAGES

BRIDE’S PUNCH

Serves 24

2 cups orange juice  ½ cup orange liqueur
1 cup pineapple juice 2-liter bottle 7 Up or 2 bottles
1 cup grenadine syrup champagne
6-ounce can frozen (pink) lemonade, undiluted

Mix juices together as a base for the punch and chill. At serving time, pour juice base, orange liqueur, and fizzy into punch bowl. Serve in punch cups.

Nancy Zippe, Wilmington, Del.
DAIQUIRI PUNCH
Serves 40

1 quart lemon juice  
5 12-ounce bottles lime juice  
2 quarts orange juice  
2 cups superfine sugar

2 quarts club soda, chilled
1 quart light rum, chilled
Cracked ice

Mix fruit juices with sugar until thoroughly blended. Refrigerate for 2 hours. Stir in soda and light rum. Pour over cracked ice in glasses. Serve immediately.

Mary J. Smith, Georgetown, Del.

STRAWBERRY DAIQUIRI
Serves 6 to 8

4 ounces limeade  
½ shot Triple Sec  
3 shots rum

Handful frozen strawberries
2 cups chopped ice

Blend all ingredients together. Pour into chilled glasses and serve.

Nancy Bloom, Dover, Del.

CLARK’S EGGNOG
Serves 12 to 15

12 eggs, separated  
1 ¼ cups sugar  
3 quarts milk

Nutmeg

Mix 12 egg yolks and sugar together. Beat until well creamed. Add milk and fold in the stiffly beaten egg whites. Add nutmeg to taste.

If you like a thinner eggnog, use 4 quarts of milk. This is a delicious family drink for the holidays.

Daniel E. Clark, Jr., Greenwood, Del.
CLAYMONT HIGH SCHOOL
FRUIT PUNCH

Yield: 9 quarts

4 6-ounce cans frozen orange juice
2 6-ounce cans frozen lemon juice
46-ounce can pineapple juice
2 32-ounce bottles ginger ale

Add required amount of water to orange juice cans. Mix remainder of ingredients, stir, and add ice.

During the 1950s, the Claymont High School Student Council served this punch at dances they sponsored.

Helen Griffiths, Bryn Mawr, Pa.

LEMONADE

Yield: 1 gallon

Juice of 10 lemons
Juice of 2 limes
3 cups sugar, adjust to taste
Water to make one gallon

Squeeze juice from lemons and limes into a large jug or bottle. Add sugar. Add enough water to make one gallon. Float thin slices of 1 lemon and 1 lime when served. Age at least one day.

I like this on hand during the summer. 'Tis a great change from iced tea and very refreshing.

Lois Snoddy, Clemson, S. C.
RASPBERRY CORDIAL

Serves 48 (1 ounce servings)

1 quart fresh raspberries
1 pound sugar
1 quart whiskey

Put berries and sugar in bottom of a wide mouth jar. Add whiskey. Cover loosely and let stand until sugar is dissolved—about 3 or 4 months.

Note: I usually test this about the third month. If the berries aren’t sweet enough, the mixture will need more sugar.

Lorraine Minnich, Wilmington, Del.

WASSAIL

Serves 20

1 cup sugar
4 cinnamon sticks
1 lemon, sliced
2 cups pineapple juice

2 cups orange juice
6 cups claret
½ cup lemon juice
1 cup dry sherry

Boil sugar, cinnamon sticks, and 3 lemon slices in ½ cup water for 5 minutes, strain. Heat but do not boil the remaining ingredients. Add the sugar syrup, garnish with remaining lemon slices, and serve hot.

Wassailing is an ancient English custom. The master of the house drank the health of those present. Each, in turn, passed the bowl along, repeating the Saxon phrase wass hael, “be well.”

Claymont Potpourri cookbook
SOUPS

A Salute to American Cooking
On the Eastern Shore the best people prided themselves on the delicacy of the soups that went into their fine bone china soup plates. A gentleman was often judged by how silently he could eat soup.

HOSPITALITY BOUILLON

Serves 10

1 pound beef 1/2 cup snipped parsley
1 beef knuckle 2 teaspoons salt
1 cup chopped carrot 1/8 teaspoon cayenne
1/2 cup chopped onion 12 cups water
1/2 cup chopped turnip

In large kettle combine all ingredients with water. Cover and simmer for 2 hours. Strain the broth. Season to taste. Serve hot.

Served by the charming, hospitable Dolley Madison. Excellent for arriving or departing guests, especially if the weather is cold or dreary.

Jane Inman, Claymont, Del.
BLUE SATIN CHEESE SOUP

Serves 4 to 6

- 4 tablespoons butter
- ¼ cup each finely minced green onion, green pepper, and celery
- ½ cup flour
- 1 14-ounce can chicken broth
- 4 ounces blue cheese, crumbled
- 1 cup light cream
- 1 cup milk
- 2 ounces dry sherry
- Freshly ground pepper
- Sour cream
- Minced chive
- Croutons

Melt butter in heavy saucepan, add vegetables, and sauté very slowly until vegetables are soft but not brown. Add flour and cook over low heat a few minutes until flour is cooked but not brown. Warm chicken broth and add to vegetables, stirring to prevent lumps. Simmer 2 minutes. Add crumbled blue cheese and stir until smooth. Add cream and milk and heat to serving temperature (do not boil). Add sherry, freshly ground pepper to taste, and serve garnished with sour cream, chives, or croutons. “Mmm-good!”

This recipe for cheese soup has received many such comments. It was served at a governor’s conference in Des Moines, featured in Colonial Homes magazine, and now I would like to share it with you.

Pat Mumford, Santa Maria, Cal., formerly of Claymont, Del.
CORN CHOWDER

Serves 4 to 6

2 tablespoons diced salt pork  3 ears of fresh corn, uncooked, cut from cob or a 10-ounce package of frozen sweet corn
½ cup diced onion
2 cups cubed raw potatoes
1 cup boiling water
1½ teaspoons salt
½ teaspoon pepper

Fry salt pork in a skillet until crisp. Add onions to salt pork, sauté 5 minutes over low heat. Add potatoes, water, salt, and pepper, and cook gently, covered, 15 minutes or until potatoes are tender. Add corn and cook gently, covered, 5 minutes or until done. Add milk, mix well, heat thoroughly, but do not boil.

Just plain good.

Surely that taken from Nature, mixed with Talent, and served to our Palate is a most amazing thing.

Tom Johnson, Pendleton, S. C., formerly of Claymont, Del.

CRAB SOUP

Serves 4 to 6

2 tablespoons butter  ¼ teaspoon red pepper
1½ cups flour  1 pound crabmeat
2¼ cups milk  1 cup cream
1 teaspoon salt  2 hard-boiled eggs
¼ teaspoon black pepper  ½ cup sherry or white wine


Rich, but delicious.

Mrs. James Edwards, Wilmington, Del.
BOON DOCKS RED CRAB SOUP

Serves 15 to 20

4 quarts water
1 quart diced carrots
1 quart chopped onions
¾ quart celery chopped
¼ pound butter
⅛ cup Old Bay seasoning
⅛ cup Worcestershire sauce
1½ quarts diced potatoes
1 quart crushed tomatoes
2 pounds crabmeat

Bring water to boil. Add carrots, onions, celery, butter, and seasonings and cook 30 minutes. Add potatoes and cook 20 more minutes. Add tomatoes and simmer 10 minutes. Add crabmeat and remove from heat. Store leftover soup in refrigerator and reheat individual portions in microwave, as needed.

The Boon Docks is a hunter's retreat for rest and refreshment during duck, deer, and geese hunting seasons.

Patricia H. Keeler, Smyrna, Del., Boon Docks Restaurant
ITALIAN CHICKEN SOUP
(Wedding Soup)

1 4 to 5-pound stewing chicken
Water
3 stalks celery
1 onion, halved
Salt and pepper to taste
8-ounce can tomato sauce
3 pounds endive greens

1 pound hamburger
Fresh bread crumbs
1 cup grated Italian cheese
2 tablespoons parsley
Salt and pepper
1 clove of garlic, chopped
2 eggs

Place chicken in a large pot and cover with water. Heat. When water comes to a boil, skim film from top. Add celery, onion, salt and pepper, and tomato sauce. Let boil approximately 2½ hours until chicken is cooked.

While chicken is cooking, boil endive greens in another pot for about 10 minutes. Drain well. When soup has cooked, remove enough broth into another pot to cover meatballs.

Form miniature meatballs by adding last 7 ingredients. Cook ½ hour in reserved broth. Add well-drained endive to meatballs and enough liquid from cooked chicken to make a good pot of soup. Cook another 20 minutes. Serve with warm Italian bread.

Sliced chicken, garnished with parsley, makes a nice accompaniment to the soup. A meal in itself.

Connie Massarelli, Indian Field, Del.
JO'S GUMBO

Serves 4 to 6

6 chicken wings
4 to 6 tablespoons vegetable oil
4 large onions, chopped fine
6 tablespoons sifted flour
Chicken stock
3 or 4 cloves of garlic, minced
2 heaping tablespoons dried parsley
1 cup cooked ham, diced
1 large can tomatoes
1 large can tomato paste
3 large bay leaves
3 sprigs thyme
1 heaping tablespoon dried parsley
1 teaspoon red pepper sauce
Salt and pepper
1 dozen or more raw, cleaned shrimp
1 dozen fresh oysters, including liquor
1 can crabmeat
½ teaspoon file powder

Stew the chicken wings and reserve the stock. Put vegetable oil in iron skillet; add onions and cook until they are light yellow. Remove the onions to a soup pot.

Add the flour to the oil in the skillet. Cook until flour browns. Add enough water to the chicken stock to make 4 cups. Slowly add 2 cups of the stock to the flour, stirring; then add the garlic and parsley. Add the rest of the stock, the chicken wings, ham, tomatoes, tomato paste, bay leaves, thyme, red pepper sauce, salt and pepper to taste. Adjust seasonings.

Simmer over low heat for 45 minutes, stirring often. Add the shrimp, oysters and oyster liquor, and the crabmeat. Cook 15 minutes more, allowing soup to come to a boil. Remove from heat. Add the file powder immediately. Stir in well. File powder will thicken the soup slightly and give it the characteristic gumbo taste. Serve over rice.

This can be made with just chicken, ham, or with some of all three kinds of seafood. Just increase total amount to compensate for whatever is omitted.

A specialty in the Spence household, gumbo is an exciting seafood dish that has held its popularity over the last 200 years.

Jo Spence, Bethel, Del.
SOUPS

KIELBASA SOUP

Serves 4

1½ pounds fresh kielbasa  ¼ cup butter
Water  10-¼ ounce green pea soup
2 pounds sauerkraut  Salt and pepper to taste
1 medium onion, diced

Place kielbasa in 4-quart pot and add enough water to cover. Bring to boil, skim fat from top of water, prick kielbasa, and simmer for 30 minutes. Rinse, drain, and squeeze excess water from sauerkraut. Add to kielbasa and simmer for 45 minutes. In a frying pan, sauté onions in butter until golden brown. Stir diced onions and butter into sauerkraut and kielbasa. Let simmer for about 5 minutes. Add soup to kielbasa mixture. Simmer for a few minutes.

Serve with chunk of rye bread and enjoy! Delicious flavor.

A family favorite of young and old.

Mary Czukiewski, Wilmington, Del.
INGE'S POTATO SOUP

Serves 4 to 6

3 large onions
3 large carrots
3 large celery stalks and leaves
3 large garlic cloves
Water
Salt and pepper
Parsley flakes
Onion salt
Garlic salt
10 large potatoes
½ pound butter
½ pint light cream
1 or more quarts milk
2 cups chicken or beef stock
Paprika

Place onions, carrots, celery, and garlic cloves in a pot. Cover with water. Add salt, pepper, parsley flakes, and onion and garlic salts to taste. Cook until vegetables are soft. Puree vegetables with the cooking liquid in a blender or food processor.

While vegetables are cooking, peel and cook the potatoes. When potatoes are soft, mash them with the butter, cream, milk, and stock. Add vegetable puree to the potatoes, adding more milk if necessary; soup should be fairly thick. Garnish with paprika.

To reheat, warm very slowly to prevent soup burning; or reheat in a microwave oven on medium setting.

Note: Added touch of flavor: I keep a carton in my freezer in which I collect leftover vegetable and meat juices saved from meals during the week. This makes a nutritious addition to soups, stews, or gravy. It's a "waste-not, want-not" technique I learned from a farm friend when I had a big family to cook for.

Inge R. Parks, Wilmington, Del.
HOMEMADE VEGETABLE SOUP

Serves 8 to 10

Ham bone
1 quart tomatoes
20-ounces frozen mixed vegetables
4 medium onions, chopped
6 large celery sticks, chopped
Handful of alphabet macaroni
6 potatoes, chopped
2 quarts water

Put everything in a pressure cooker. Cook for 20 minutes after control starts to jiggle.

Sharon Litano, Dover, Del.

ICED ZUCCHINI SOUP

Yield: 5 to 6 cups

1 pound zucchini, cubed
(approximately 3 medium)
1 medium onion, coarsely chopped
2 scallions, coarsely chopped
(including green tops)
1 stalk celery, coarsely chopped
5 sprigs parsley

2 sprigs fresh basil or 1 teaspoon dried basil
3 cups chicken broth
Salt and pepper to taste
1 cup light cream
2 egg yolks
Fresh parsley

Combine all but last 3 ingredients in a 3- to 4-quart pan and bring to boil. Reduce heat to medium and simmer uncovered 40 to 50 minutes. Pour half of cooked mixture into blender, cover, and puree. Transfer to large bowl. Repeat with remaining mixture.

Beat cream and egg yolks together until well blended. Add to puree and mix well. Cover and refrigerate to chill. Stir well before serving and garnish with fresh parsley. Keep chilled. Delicious and different.

Mrs. H. K. Graves, Bethel, Del.
APRICOT SALAD

Serves 8 to 12

2 3-ounce packages apricot gelatin dessert
2 cups boiling water
1 cup miniature marshmallows
12-ounce can crushed pineapple
2 cups cottage cheese
2 cups frozen whipped topping

Dissolve gelatin in boiling water, stir well. Add marshmallows and pineapple; mix well. Refrigerate until gelatin has the consistency of egg whites. Add cottage cheese and thawed whipped topping; mix well. Pour into a 9 by 13 by 1½-inch pan or large mold. Best made a day or so beforehand.

Ann Chiffons, Claymont, Del.
SWEDISH BEET, APPLE, AND HERRING SALAD

Yield: About 5 cups, enough for a buffet of 10 to 14 people

½ cup boiled new potato, peeled and diced (about 1 medium potato)
1½ to 2 cups apples, peeled, cored, and diced
1 cup pickled beets, diced
¼ cup minced dill pickle
1 small jar herring tidbits, drained and chopped
2 hard cooked eggs, shelled and sliced

2 tablespoons butter or margarine
1 tablespoon flour
½ cup heavy cream
½ cup water
2 tablespoons white vinegar
1 tablespoon sugar
1 tablespoon prepared horseradish
1 small onion, peeled and minced
Salt and pepper

To make the dressing: In a small saucepan, melt butter over low heat. Stir in flour and then gradually add the cream and water. When smooth, add the vinegar, sugar, horseradish, and onion. Bring to a simmer and cook 5 minutes, stirring constantly. Add salt and pepper to taste. Remove pan from heat and let cool completely.

Combine the potato, apple, beets, pickles, and herring. Add dressing and mix gently. Put into oiled 5-cup mold or bowl; cover and chill. Turn mold out onto platter or form into a mound on a serving plate and garnish with sliced eggs.

An interesting and delicious addition to a buffet table. I serve this at the Christmas Smorgasbord and at my Swedish Midsummer’s Festival in June. Sometimes I omit the herring, but it isn’t really Swedish without it!

Ruth Crossan, Newark, Del.
PURPLE CABBAGE SALAD WITH SWEET AND SOUR DRESSING

Serves 6 to 8

1 1/2 cups sugar
2 teaspoons dry mustard
2 teaspoons salt
2/3 cup cider vinegar
3 teaspoons onion juice
2 cups vegetable oil
3 tablespoons poppy seeds
1 head purple cabbage, shredded
1 grapefruit
1 avocado

Make the dressing by combining the sugar, mustard, salt, vinegar, and onion juice in a bowl. With an electric mixer, gradually beat in the oil, almost a drop at a time. When the oil is all incorporated, stir in the poppy seeds.

Just before serving, peel and section the grapefruit; peel and slice the avocado. Place the shredded cabbage in a salad bowl. Alternate grapefruit and avocado slices around the bowl. Pour dressing over cabbage. Note: this dressing will keep in the refrigerator for a week to ten days.

Elaine T. Dickerson, Milford, Del.
CHICKEN SALAD

Serves 8

3 cups diced cooked chicken
2 cups sliced celery
2 tablespoons diced pimento
1 cup heavy cream
½ cup sour cream
1 tablespoon lemon juice
2 to 3 teaspoons chopped candied ginger

¼ cup slivered almonds, toasted
Salt and pepper to taste
8 slices pineapple
16-ounce can jellied cranberry sauce (cut in 9 slices)
8 large lettuce leaves

Toss together chicken, celery, and pimento. In a separate bowl, combine cream and sour cream; whip until soft peaks form. Fold in lemon juice and ginger. Mix with chicken. Fold in almonds, salt, and pepper. Chill.

In lettuce cups, layer 1 slice pineapple, a slice of cranberry jelly, then top with chicken salad. Cut remaining cranberry slices in wedges for garnish.

Freda Donovan, Wilmington, Del.

HOT CHICKEN SALAD

Serves 4

2 cups diced white chicken meat
¾ cup diced celery
½ cup toasted slivered almonds
¼ teaspoon salt
2 teaspoons Aïcent
1 cup mayonnaise (salad dressing is too rich)

2 teaspoons grated onion
2 tablespoons lemon juice
½ cup Cheddar cheese (sharp, not extra sharp)
1 cup crushed potato chips

Mix first 8 ingredients; put in uncovered shallow baking dish. Mix cheese and chips together and sprinkle on casserole. Bake at 450° for 10 minutes.

Super!

Helen Irons, Claymont, Del.
CUCUMBERS IN SOUR CREAM

Serves 6 to 8

2 medium cucumbers
Salted water
1 cup sour cream
2 tablespoons finely minced onion

2 tablespoons cider vinegar
½ teaspoon salt
½ teaspoon ground dill seed
Dash of pepper
Dash paprika

Peel and slice cucumbers; the thinner, the better. Soak in salted water for 30 minutes. Drain well and chill. Mix sour cream, onion, vinegar, salt, dill, and pepper just before serving. Add cucumbers and garnish with paprika. Good served with ham.

Ginny Steiner, Wilmington, Del.

WYLMA’S FROZEN FRUIT SALAD

Serves 4 to 6

¼ cup sugar
¼ cup white vinegar
2 eggs, slightly beaten
2 tablespoons butter
½ pint heavy cream, whipped
20-ounce can pineapple tidbits, drained

2 cups colored miniature marshmallows
1 pound can white cherries, drained and pitted

In a saucepan mix first three ingredients and cook just until thickened, stirring. Add butter to warm mixture. Stir and cool. Fold in the whipped cream.

Add the cooked and cooled dressing to the fruit. Mix well and freeze. Serve frozen.

Wylma Mumford, Council Bluffs, Iowa
FROZEN FRUIT SALAD

Serves 6 to 8

1 cup mayonnaise
1 cup whipped cream
3-ounce package cream cheese
3 tablespoons sugar

1 cup canned fruit cocktail
6-ounce bottle maraschino cherries

Cream together mayonnaise, whipped cream, and cream cheese. Fold in sugar, fruit, and cherries. Put in ice cube tray and freeze. Cut in cubes or serving-size pieces for salad over lettuce.

Favorite salad for Christmas time.

Virginia S. Townsend, Wilmington, Del.

HOT LETTUCE

1 tablespoon peanut oil
Sprinkling of salt and pepper
Small clove of garlic
½ head iceberg lettuce (use outside wilted leaves)

1 tablespoon oyster sauce (thinned with sherry or water)

Heat oil in wok or large soup pan, adding salt, pepper, and garlic. Stir quickly and remove garlic (don’t allow garlic to brown). Add lettuce. Cook for about 2 minutes, turning lettuce leaves frequently. Add oyster sauce, stir, and cover. Cook one minute more. Serve at once. The lettuce should retain its fresh greenness and crispness.

Margarete R. Cosgrove, Laurel, Del.
PINK SALAD

Serves 4 to 6

16-ounce carton cottage cheese (fairly smooth type)
9-ounce container frozen whipped topping
3-ounce package gelatin dessert (cherry, strawberry, or raspberry)
15¼-ounce can crushed pineapple, drained
11-ounce can mandarin oranges, drained

Mix all ingredients together and refrigerate until firm.

To change color, use other flavor gelatin dessert. Goes well with chicken divan.

Dorothy Whitford, Monterey, Cal.

UNDER-THE-SEA SALAD

Serves 6

16-ounce can pear halves
3-ounce package lime gelatin dessert
¼ teaspoon salt (optional)
1 cup boiling water
1 tablespoon lemon juice
2 3-ounce packages cream cheese
⅛ teaspoon cinnamon (optional)

Drain pears, reserving ¾ cup of the syrup. Dice pears and set aside. Dissolve gelatin and salt in boiling water. Add reserved syrup and lemon juice. Pour 1¼ cups into an 8 by 4-inch loaf pan or 4-cup mold. Chill until set but not firm, about 1 hour. Meanwhile, soften cheese until creamy. Very slowly blend in remaining half cup of gelatin, beating until smooth. Add cinnamon and pears and spoon into pan. Chill until firm, about 4 hours. Unmold. Garnish with crisp salad greens, mayonnaise, and additional pears, if desired.

Compliments of General Foods Corporation, White Plains, N.J.
CHEF'S DRESSING

Yield: 1 cup (Approximate cal/serv.: 1 tablespoon = 40)

\[
\begin{align*}
\frac{1}{2} \text{ cup tomato juice} & \quad \frac{1}{2} \text{ teaspoon oregano} \\
\frac{1}{2} \text{ cup vegetable oil} & \quad \frac{1}{2} \text{ teaspoon mustard} \\
\frac{1}{4} \text{ cup cider vinegar} & \quad \frac{1}{4} \text{ teaspoon soy sauce} \\
\frac{1}{4} \text{ teaspoon pepper} & \\
\end{align*}
\]

Combine all ingredients and shake well.

**Variation:** for scallion or chive dressing; add 2 tablespoons of finely chopped scallions or chives.

American Heart Association of Delaware, serving Delaware since 1949

HOMEMADE COLE SLAW DRESSING

Yield: approximately \( \frac{3}{4} \) cup

\[
\begin{align*}
\frac{1}{2} \text{ cup mayonnaise} & \quad \frac{1}{4} \text{ teaspoon celery seed} \\
2 \text{ tablespoons vinegar (I use \( \frac{1}{4} \) teaspoon celery seed wine vinegar)} & \quad 2 \text{ tablespoons sugar} \\
1 \text{ tablespoon grated onion} & \quad \frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{8} \text{ teaspoon pepper} & \\
\end{align*}
\]

Mix all together and refrigerate.

Dorothy Beard, Wilmington, Del.
COLE SLAW DRESSING
Yield: approximately ¾ cup

½ cup mayonnaise
2 tablespoons cider vinegar
1 tablespoon sugar
1 teaspoon horseradish
1 teaspoon prepared mustard
2 tablespoons evaporated milk, undiluted

Mix all ingredients together.

Most popular with students and parents over three decades of teaching home economics.

Evelyn C. Miller, Wilmington, Del.

FRENCH DRESSING
Yield: approximately 1 cup

2 cloves garlic, bruised and minced
1 teaspoon black pepper
¾ cup vegetable oil
¼ cup cider vinegar
1 teaspoon salt

Mix first three ingredients in a bottle or jar. Then add oil and vinegar. Shake.

Estella Guigon

GERMAN DRESSING
Yield: ¾ cup

½ cup light cream
2 tablespoons white wine vinegar
2 tablespoons sugar
1/8 teaspoon Worcestershire sauce

Mix together.

Ruth Clark, Furstenfeldbruck, Germany, formerly of Milford, Del.
EGGS & CHEESE

BRUNCH BAKE

Serves 8 to 10

16 slices white bread, buttered 8 eggs, beaten
5 to 8 ounces dried beef 1 quart milk
4 cups grated sharp cheese

Place 8 slices of bread in oblong, 9-by 13-inch casserole, buttered side down. Cover with half of the dried beef and cheese. Layer remaining bread, dried beef and cheese. Beat eggs, and stir together with milk. Pour over bread mixture. Chill overnight. Next morning, bake 1 hour at 300°. Let stand a few minutes, then serve.

A great combination of foods that happens to taste terrific!

Donna Griffith, Wilmington, Del.
DELAWARE FARMERS' BREAKFAST

Serves 6 to 8

6 slices bacon, cut in 2-inch pieces
1 small green pepper, chopped
2 tablespoons onion, chopped
3 large potatoes, cooked, peeled and cubed
½ cup sharp Cheddar cheese, shredded
6 eggs
Salt and pepper

Fry bacon until crisp. Drain, reserving 3 tablespoons drippings. Add pepper, onion, and potatoes to drippings; cook about 5 minutes, until browned.

Sprinkle cheese over potatoes and stir until melted. In a separate bowl, beat eggs; pour over potato mixture. Cook over low heat, stir gently. Season with salt and pepper. Sprinkle bacon over top and serve.

This delightful dish can also be made in a greased casserole. Bake approximately 45 minutes.

Charlotte Givens, Bethel, Del.

EGG CASSEROLE

Serves 10

¼ cup flour
¼ cup butter, melted
2 1/2 cups milk
¼ teaspoon thyme
¼ teaspoon marjoram
1 pound Cheddar cheese, grated
2 dozen hard-boiled eggs, sliced
1 pound bacon, fried and crumbled
½ cup snipped parsley

In saucepan, stir flour into melted butter and gradually stir in milk. Add thyme, marjoram, and cheese. Cook, stirring constantly until cheese melts. In a large casserole, layer sliced eggs, crumbled bacon, and parsley with the cooked sauce. Bake at 350° for 30 minutes.

Cleo Dalson, San Antonio, Tex.
Eggs and Cheese

GRANNIE’S CASSEROLE

Serves 6

6 eggs, hard-boiled
½ tablespoon mushrooms, boiled
and chopped
½ ounce butter
Parsley, chopped

2 tablespoons liver puree
Salt and pepper
White sauce
2 ounces ham, chopped
4 ounces cheese, grated

Halve eggs. Remove yolks, blend together with mushrooms, butter, parsley, and liver puree; season with salt and pepper to taste. Pipe back into halved white of egg. Place in a dish and warm in low oven. Make a mild cheese sauce, pour over eggs and top with chopped ham and grated cheese. Brown under grill. Serve hot.

Countess De La Warr, London, England

The State of Delaware was named for Sir Thomas West, Lord De La Warr (1577-1618), who was governor and captain general of Virginia from 1610 until his death in 1618. At that time Virginia was the name given to all English lands between the Spanish holdings to the south and French claims to the north.

In August, 1610, Captain Samuel Argall, sailing the Pennace Discovery, on his way from Jamestown to Bermuda, came to the entrance of a large bay and named this point of land Cape La Warr for his governor. Subsequently, the English used this name for both the bay and the river, and later for the land along the western shores.

In 1613, the Dutch explorer Cornelius Jacobsen Mey renamed Cape La Warr for himself, thus today it is called Cape May.

The De La Warr estate in England is referred to as well in A. E. Milne’s well-known Winnie the Pooh.
PASTINA AND EGGS

Serves 2 to 4

1 cup Ronzoni Acini Pepe 44 macaroni
2 or 3 eggs


This dish can be used as a main dish also, since it is Italian, or as a side dish. Great as a fast dish before a shopping spree!!

Paulette Davidson, Claymont, Del.

POACHED EGGS

à la FLORENTINE

Serves 6

2 pounds fresh spinach or 2
10-ounce packages frozen leaf spinach
5 tablespoons sweet butter
12 eggs
Salt and freshly ground pepper to taste

¼ teaspoon nutmeg
2 cups heated Mornay sauce
1 cup grated Swiss Gruyere or Jarlsberg cheese (if you are serving a meat dish, such as sausage, omit cheese as it makes the dish too rich).

Sauté spinach in butter until tender. If using frozen spinach, cook, drain very well, and add butter. Poach eggs lightly and place on bed of spinach in oblong dish. Season to taste.

Top eggs with Mornay Sauce and cheese. Sprinkle with nutmeg. Bake uncovered at 300° for 20 minutes or until hot. Broil lightly to brown top slightly.
EGGS AND CHEESE

MORNAY SAUCE

Yield: 3 cups

2 cups Bechamel sauce (below) ¾ cup grated Gruyere or Jarlsberg cheese
¾ to 1 cup canned chicken consomme White pepper to taste
Salt

Prepare Bechamel Sauce. Add consomme and cheese. Stir until cheese is melted and well-blended. Freeze one cup—Great on broccoli.

BECHEMEL SAUCE

4 tablespoons sweet butter ½ teaspoon salt
4 tablespoons flour White pepper to taste
2 cups light cream

Make a roux of the butter and flour. Cook at least 3 minutes. Slowly add cream, salt, and pepper, stirring to make a smooth sauce.

Enjoy! A grand combination of flavors

Beverly Raspanto, Malvern, Pa.
QUICHE INTERNATIONAL

Serves 6 to 8

9-inch baked pie shell 10 1/4-ounce can condensed
1/2 cup chopped cooked chicken or cream of celery soup,
turkey or 1 5-ounce can undiluted
boned chicken
1/2 cup grated Parmesan cheese 1/2 cup half and half or milk
6 eggs 1/2 teaspoon salt

Preheat oven to 375°. Sprinkle chicken and cheese into pie shell. Beat together remaining ingredients until well blended. Pour over chicken and cheese. Bake until a knife inserted near center comes out clean, 30 to 40 minutes. Let stand 5 minutes before serving.

To bake pie shell, line unbaked pie shell with 12-inch square of aluminum foil. Fill with rice or dried beans or peas. Cover rim of shell with edges of foil. Bake in preheated 450° oven until lightly browned at edges, 10 to 15 minutes. Lift out foil and rice. Cool on wire rack.

The can of soup adds richness and flavor to this easy, elegant quiche. Substitute chopped cooked ham for the chicken, if you wish.

Compliments of the American Egg Board, Park Ridge, Ill.
DELAWARE SCRAMBLED EGGS

Serves 4 to 6

10 1/4-ounce can condensed chicken or cheese soup
8 eggs
1 tablespoon chopped parsley
1 tablespoon chopped chives
1/2 cup chopped cooked chicken (optional)
3 tablespoons butter

Stir soup in bowl until smooth; add eggs one at a time, blending well. Stir in parsley, chives, and chicken. Melt butter in 10-inch frying pan; pour in soup mixture. Cook over low heat. As mixture begins to set, cook as for omelet, lifting cooked portions to enable uncooked portions to flow to bottom. When eggs are completely set, serve.

This is quite a special omelet, equally good for a luncheon or supper.

Tina Cannon, Harrisonburg, Va., formerly of Claymont, Del.
CHEESE PUFFLE 'N' BROCCOLI

Serves 4

4 slices white bread
10-ounce package frozen chopped broccoli
2 tablespoons margarine
1 cup Swiss cheese, slivered
½ teaspoon salt

Dash of hot pepper sauce
2 teaspoons instant minced onion
3 eggs
1 cup instant skim milk powder
1½ cups hot water

Preheat oven to 375°. Grease a 9-inch square pan. Cut slices of bread into triangles and line pan. Cook broccoli in boiling water and drain well. Combine broccoli with margarine, cheese, salt, hot pepper sauce, and minced onion. Spoon over bread. In a medium bowl beat eggs; then add milk powder and hot water. Mix and pour over broccoli. Bake 20 to 25 minutes until puffed and set.

Bette Hines, Northfield, N. J.
MACARONI AND CHEESE

Serves 4

1 cup milk
1 tablespoon flour
1 to 2 tablespoons margarine
1 teaspoon onion, minced
Salt and pepper to taste
1 teaspoon dry mustard (optional)

2 cups elbow macaroni, cooked and drained (1 cup raw)
1 cup Cheddar cheese or Velveeta cheese, shredded

Measure milk into pan and blend in flour until no lumps remain. Add margarine, onion, and other seasonings, and cook until sauce thickens. Stir in macaroni and cheese. Bake in greased 1-quart casserole, uncovered, at 400° for 15 minutes or until slightly browned and bubbly. May be frozen and baked later.

Soft, moist, and nourishing.

National Cancer Institute, Delaware Division
CRUNCHY CRUST MACARONI

Serves 6 to 8

2 cups macaroni, uncooked 8 ounces shredded Cheddar cheese
1 stick butter ½ teaspoon dry mustard
¼ cup flour 1 teaspoon Worcestershire sauce
¼ cup milk 12 Ritz crackers

Cook macaroni, drain, and set aside. Make a white sauce by melting ½ stick of butter in a saucepan; stir flour into the milk, then add to melted butter. Cook sauce over low to medium heat, stirring until sauce is smooth and thick. Add shredded cheese, stirring until cheese is melted. Stir in mustard and Worcestershire sauce. Combine with cooked macaroni.

Prepare the crunchy crust by melting the remaining stick of butter. Crumble Ritz crackers into melted butter. Stir. Sprinkle over top of macaroni. Bake at 350° for 35 minutes.

Ethel Schmitt, Wilmington, Del.
SWISS PIE AND CRAB SAUCE

Yield: 2 9-inch pies

2 9-inch pie shells
8 eggs, separated
3 cups evaporated milk
1 teaspoon salt
1/4 teaspoon nutmeg
12 ounces shredded Swiss cheese

Bake shells in 450° oven. Remove. Reduce oven temperature to 350°. Beat egg yolks slightly. Add evaporated milk, salt, and nutmeg. Beat egg whites until stiff; fold egg yolk mixture into whites. Carefully fold in cheese. Pour into partially cooked pie shells. Bake at 350° for 40 to 45 minutes or until inserted knife comes out clean. Let stand 5 minutes before serving.

Crab Sauce

2 tablespoons butter or margarine
4 teaspoons flour
1/8 teaspoon salt
2 cups evaporated milk
2 packages Snow Crab (or 1/2 pound crabmeat, well-drained)

In a saucepan, melt butter; blend in flour. Add salt and evaporated milk. Cook, stirring until thickened. Add crabmeat. Stir thoroughly. Serve poured over Swiss pie.

Janet Kledt, Claymont, Del.
BATTERS, BISCUITS, 
AND BREADS

DUMPLINGS

1 cup flour
½ teaspoon baking powder
1 tablespoon solid vegetable shortening
½ teaspoon salt
Water

In a bowl mix flour, baking powder, and salt. Cut in shortening. Add water until dumplings begin to get sticky. Roll until very thin (that’s the secret). Drop in boiling water in which peas, lima beans, chicken, etc., have been cooked and cook about 5 minutes.

Delaware State Senator Roger Martin, Newark, Del.

CHOCOLATE PANCAKES

Yield: 18 to 24

1½ cups flour
1 teaspoon baking soda
¼ cup sugar
½ teaspoon salt
¼ cup cocoa
2 eggs
1 cup milk
¼ cup butter, melted
½ cup milk-chocolate chips

Sift first 5 ingredients together. Beat eggs lightly; add milk. Add to flour mixture. Mix well. Add melted butter and chocolate chips.

Grease griddle and when hot, spoon on 2 tablespoons of pancake batter for each pancake.

A good friend served any time of day, but they shine at breakfast.

Famous pancakes of the cooking classes, 1974-1978, in Old Green Street Elementary School, Claymont, Del.
RICOTTA LATKES

1 pound ricotta
4 eggs
6 tablespoons flour

2 tablespoons butter, melted
1 tablespoon sugar
1 teaspoon vanilla

Put all ingredients in a blender container. Process until very smooth (like thick cream). Heat a greased griddle over medium heat. Make pancakes using 1½ to 2 tablespoons of batter. When a few bubbles form on pancake surface, turn once and cook briefly.

Serve with applesauce, sour cream, yogurt, jam, or fresh fruit.

Ida Rowe, Bethel, Del.

DUTCH CREAM WAFFLES

Yield: approximately 8 waffles

1 cup sifted flour
4 teaspoons baking powder
¼ teaspoon salt

3 eggs, separated
1 cup heavy cream


The Dutch introduced waffles to America. It was their custom to give a new bride a waffle iron with her initials and the date of her wedding carved into it.

Olive Van Riper Cormog, The Claymont Sampler
SPICED APPLE MUFFINS

Yield: 12 to 14 muffins

2 cups flour (sifted before measuring)  4 tablespoons butter, melted
½ cup sugar  1 cup milk
4 teaspoons baking powder  1 egg, beaten
½ teaspoon salt  1 cup finely chopped raw apple
1 teaspoon cinnamon  2 tablespoons sugar

Sift together flour, sugar, baking powder, salt, and ½ teaspoon cinnamon. Combine melted butter, milk, and egg. Mix thoroughly and add to dry ingredients. Fold in apples and drop in well-greased muffin tins.

Mix together the 2 tablespoons sugar and the remaining ½ teaspoon cinnamon and sprinkle on the muffins. Bake at 400° for 15 to 20 minutes.

My all-time favorite.

Mildred McCormick, Wilmington, Del.
BATTERS, BISCUITS, AND BREAD

BISCUITS

Yield: 12 to 15 biscuits

3 cups all-purpose flour
2 tablespoons sugar
1 tablespoon plus 1 1/2 teaspoons baking powder
3/4 teaspoon cream of tartar

Dash of salt
3/4 cup solid vegetable shortening
1 egg, beaten
3/4 cup buttermilk

Preheat oven to 450°. Mix first five ingredients; cut in shortening until mixture resembles coarse meal. Combine egg and buttermilk; add to flour mixture.

Turn out onto lightly floured board; knead 8 to 10 times; roll dough to 1-inch thickness. Cut with 2 1/2-inch biscuit cutter. Place on ungreased baking sheet and bake for 15 minutes or until golden brown.

This is a biscuit that IS a biscuit.

Don Prillman, Claymont, Del.

BLUEBERRY MUFFINS

Yield: 18 to 24

1/2 cup butter, softened
1 1/2 cups sugar
2 eggs
3 cups flour
5 teaspoons baking powder

Pinch salt
1/2 cup milk
1 pint blueberries, washed and drained

Cream butter and sugar; add the eggs. Mix flour, baking powder, and salt in another bowl. Alternate adding flour and milk to butter-sugar mixture. Fold in berries and put in greased muffin tins. Bake 30 to 35 minutes at 350°.

This is a very easy and good family recipe from the seventh generation granddaughter of Richard Bassett, Delaware’s fourteenth governor (1799-1801) and signer of Delaware’s Ratification.

Jane Bayard Curley, New York, N. Y.
BLUEBERRY OATMEAL MUFFINS

Yield: 18 muffins

1 cup plus 2 tablespoons quick cooking rolled oats
1 cup buttermilk
1 tablespoon vanilla
1 cup unbleached all purpose flour
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon baking soda
½ teaspoon freshly grated nutmeg
¼ cup walnuts, finely chopped (optional)
1 egg
¾ cup firmly packed light brown sugar
¼ cup unsalted butter
1½ cups blueberries

Generously butter 18 large muffin cups. Position rack in center of oven and preheat to 400°. Blend oats, buttermilk, and vanilla in medium bowl and set aside. Combine flour, baking powder, salt, cinnamon, baking soda, nutmeg, and walnuts, and mix well. Set aside.

Combine egg and brown sugar in large bowl; blend 1 minute with electric beaters. Add butter and beat 1 minute longer. Add buttermilk mixture and beat 2 minutes. Add dry ingredients, and blend just until flour is incorporated, do not overmix. Fold in berries.

Fill each muffin cup half full. Bake until muffins are lightly browned, about 15 to 20 minutes. Turn out onto rack and let cool.

Ryan’s Berry Farm, Frankford, Del.
CHEESE BISCUITS

Yield: 75 to 100

1 glass Old English cheese  1 cup flour
1 stick butter  Dash cayenne

Preheat oven to 425°. Have all ingredients at room temperature. Cream cheese and butter. Add flour and cayenne, and mix thoroughly. Put in refrigerator to chill approximately half an hour. Remove and roll into marble-sized balls. A pecan half may be pressed into top, if desired. Bake in oven about 10 minutes. Dough may be frozen in balls and baked later.

Mrs. William W. Pleasants, Bethel, Del.

CINNAMON MONKEY BALLS

Serves 10 to 12

3 packages refrigerated butter-milk biscuits  3 tablespoons cinnamon
1 cup sugar  ½ cup butter
¾ cup brown sugar

Cut 30 biscuits into quarters. In a bag mix sugar and cinnamon, drop in biscuit pieces, shake until well coated and all sugar-cinnamon mixture is gone. Layer biscuit pieces in a greased tube pan.

Melt butter and brown sugar and pour over biscuits. Bake at 350° for 30 minutes. Cool for 20 minutes in inverted pan. This allows butter and sugar mixture to drop to bottom of pan.

Michele F. Samluk, Wilmington, Del.
COCONUT MUFFINS

Yield: one dozen

1 3/4 cups flour
1/3 cup sugar
2 1/2 teaspoons baking powder
1/2 cup fresh or dried shredded coconut
1 beaten egg
3/4 cup milk
1/3 cup tasteless salad oil
1 teaspoon coconut flavoring

Preheat oven to 400°. Stir flour, sugar, and baking powder together. Lightly mix in the coconut. Make a well in the center. Mix the egg, milk, oil, and flavoring together and add to the dry ingredients. Stir lightly, until just moist. Fill muffin pans 2/3 full. Bake for 20 to 25 minutes.

I use these often for gifts and put them in fabric-lined baskets. They are usually a hit and so very easy to make.

Adapted from Better Homes and Gardens Best-Ever Muffins.

Mary S. Hinkle, Dover, Del.

HONEY GRAHAM MUFFINS

Yield: 12 muffins

1 cup whole wheat flour
3/4 cup white flour
1 tablespoon baking powder
1 tablespoon brown sugar
1 teaspoon salt
3/4 cup milk
1/4 cup milk
1/4 cup honey
3 tablespoons tasteless salad oil
1 egg
1/2 cup dates

Preheat oven to 400°. Mix first 5 ingredients together. Add milk, honey, oil, egg, and dates. Bake for 15 to 20 minutes.

Kim Rogers Burdick, Wilmington, Del.
FRENCH ORANGE PUFFS

Yield: 18 muffin-sized puffs or 24 mini-sized puffs

2 cups biscuit mix  Grated rind of 1 orange
¾ cup milk  ¼ cup butter, melted
1 egg  ½ cup sugar
2 tablespoons sugar  1 teaspoon cinnamon

Preheat oven to 400°. Combine first 4 ingredients. Beat vigorously for 30 seconds. Batter will be slightly bubbly. Blend in orange rind.

Grease bottom of small muffin cups or mini cups. Fill two thirds full. Bake for 10 or 15 minutes. Immediately roll baked puffs in melted butter, then in a mixture of sugar and cinnamon.

A hot and tasty basket of mini puffs with your morning beverage will bring a smile that won’t come off.

Aloah E. Hatz, Claymont, Del.

SWEET POTATO NUT MUFFINS

Yield: 22 muffins

2 cups flour, sifted  1 cup sugar
2 teaspoons baking powder  ½ cup milk
¼ teaspoon baking soda  2 eggs
1 teaspoon salt  5 tablespoons butter, melted
1 ½ teaspoon cinnamon  1 cup pecans, chopped
1 cup mashed cooked sweet potatoes

Preheat oven to 350°. Sift together first 5 ingredients. Combine cooled sweet potatoes, sugar, milk, and eggs in mixing bowl. Add dry ingredients and melted butter; mix until blended. Stir in pecans. Pour into muffin cups and bake for 25 to 30 minutes, or until toothpick inserted comes out clean. Serve with plenty of melted butter.

So satisfying for supper or luncheon.

Etta Appleton
APPLE CINNAMON BREAD

Yield: 4 to 5 baby loaves

1 package dry yeast
¼ cup water
¾ cup milk
¼ cup margarine
¼ cup sugar
1 teaspoon salt
2 eggs
½ teaspoon cardamom
5 to 5½ cups flour
3 apples, peeled, cored, and sliced

Preheat oven to 350°. Grease and flour 4 or 5 baby loaf pans (5 ¾- by 3¾- by 2-inch). Dissolve yeast in warm water. Scald milk and stir in margarine, sugar, and salt. Let milk mixture cool to lukewarm; stir in yeast. Add eggs and cardamom. Beat in 1½ cups flour.

Cover and let rise in warm place for 40 minutes or until double in bulk. Stir in enough flour to make a workable dough (3½ to 4 cups). Knead in ½ cup more flour. Cover and chill for 30 minutes. Divide dough among prepared pans. Press sliced apples into top of loaves. Prepare topping.

**Topping**

¼ cup margarine ¾ cup brown sugar
1 tablespoon cinnamon ½ cup sliced almonds
1 tablespoon sugar

Melt margarine and stir in cinnamon, sugars, and almonds. Drizzle topping over loaves. Bake for 30 minutes or until apples are tender. Let cool for 10 minutes in pans before removing.

Kate Bednarski, Wilmington, Del.
BEER BREAD

Yield: 1 loaf

3 cups self-rising flour  
3 tablespoons sugar  
1 can beer

Preheat over to 350°. Mix all ingredients, pour into greased loaf pan. Bake for 45 to 55 minutes.

Ethel Wells, Wilmington, Del.
PHILADELPHIA
CINNAMON BUNS

Yield: approximately 24

¼ cup warm water
1 package active dry yeast
butter
syrup (golden cane, molasses, or
honey)
¼ cup pecan pieces (optional)
1 teaspoon salt
¾ cup plus 1 tablespoon sugar
1¾ cups of milk

5 cups sifted flour
½ cup of shortening (½ of it
lard, if you wish)
2 eggs
softened butter
brown sugar
cinnamon
raisins
syrup

Preheat oven to 350°. Put warm water in a cup and sprinkle the yeast over it.

Butter 3 9-inch round pans (or square or oblong ones). Pour in about ¼ inch of syrup, molasses, or honey. Sprinkle with pecan pieces.

In a saucepan, add the salt and 1 tablespoon of sugar to the milk; heat just until tiny bubbles form around the edges. Cool. When milk is lukewarm, stir in yeast and then gradually beat in 2 cups of the flour. Beat well, cover, and set it aside to get bubbly.

Meanwhile, beat shortening, ¼ cup sugar, and eggs until very fluffy and light. When yeast mixture is bubbly, beat in the shortening mixture, a tablespoon at a time. After this is thoroughly blended, gradually add the remaining 3 cups of flour. Do not beat hard, just mix in well. The dough will be quite sticky. Cover and let stand in a draft-free spot until dough doubles in bulk.

Turn one-third of the dough out onto a floured counter or board. Roll it out into a neat rectangle about ¼-inch thick. Spread dough generously with the softened butter. Sprinkle thickly with brown sugar, cinnamon, and as many raisins as you like.

Drizzle syrup over dough. Beginning at the long end of the rectangle, roll it up like a jelly roll. (If you leave a narrow margin of dough bare, it will be easier to roll.)
With a sharp knife, cut the roll into ¾-inch-wide pieces. Place them side by side, just barely touching one another, in the prepared pans. Repeat process with the remaining dough.

Cover pans and let buns rise until double in bulk. Then bake in oven about 35 to 40 minutes, or until tops are beautifully browned. Turn out of pans as soon as taken from oven.

“Sticky-topped morsels of delight.”

Mrs. Robert McKeown

**CINNAMON TWISTS**

Yield: approximately 2 dozen

1 cup sour cream  
3 tablespoons sugar  
½ teaspoon baking soda  
1 teaspoon salt  
1 package yeast  
1 large egg  
2 tablespoons soft shortening

3 cups sifted flour  
2 tablespoons softened butter or margarine  
½ cup brown sugar  
1 teaspoon cinnamon  
1 cup confectioner's sugar  
orange juice

Preheat oven to 375°. Heat the sour cream to lukewarm. Stir in sugar, soda, and salt. Add yeast and stir until dissolved. Add egg, shortening, and flour. Roll out to oblong 24 by 26 inches. Spread with soft butter. Mix brown sugar and cinnamon. Add cinnamon mixture on half of oblong. Fold over, cut into 1-inch strips. Twist strips and place on greased cookie sheet. Let stand for 1 hour. Bake for 12 to 15 minutes. Gradually stir orange juice into confectioner’s sugar until mixture is consistency of icing. Spread over twists.

Jeanne Meding, Sunrise, Fla., formerly of New Castle, Del.
MOM MOM MITCHELL’S CORNBREAD

Yield: 1 loaf

1 cup water
2 cups milk
1 1/2 cups white cornmeal
1 stick margarine

1 cup sugar
1/2 teaspoon salt
2 beaten eggs

Preheat oven to 400°. Heat water and milk together over low heat. Add cornmeal, cooking over low heat until thick. Then add last four ingredients, mixing well. Pour into greased 8- by 8-inch pan or 8- by 11-inch pan, preferably glass. Bake for 35 to 45 minutes or until golden brown.

This makes a moist cornbread.

Lynne Baynard, Dover, Del.

DOUGHNUT BALLS

Yield: 25 doughnuts

1/3 cup sugar
1/2 cup milk
1 egg
2 tablespoons shortening
1 1/2 cups flour

1/2 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon nutmeg
Vegetable oil
Confectioner’s sugar (optional)

Mix sugar, milk, and egg. Melt shortening and add to mixture. Sift together flour, salt, baking powder, and nutmeg and add to mixture. Combine both by stirring until smooth. Heat oil to 365° to 375°. Drop dough by teaspoonfuls into hot oil, and cook for 3 to 4 minutes. Roll in confectioner’s sugar, if you desire.

Bea Collins, Milton, Del.
EGGLESS, SNOWFLAKE DOUGHNUTS

Yield: approximately 3 dozen

1 cup hot mashed potatoes  1 1/2 cups sugar
2 tablespoons butter       4 cups flour
1 1/2 cups milk            4 teaspoons baking powder

Mix butter into potatoes. Add sugar and milk. Beat well; add flour and baking powder a little at a time. Roll 1/2-inch thick. Cut and fry in hot fat until golden brown. Drain in colander and while hot dip in any of the following:

1. mixture of 2 teaspoons cinnamon and 4 tablespoons sugar
2. confectioner’s sugar
3. confectioner’s sugar plus orange juice
4. chocolate
5. confectioner’s sugar and then press in dish of coconut
6. fry whole, fill with jelly
7. confectioner’s sugar plus milk (make runny) glaze

Lois Lesher, Delaware State Representative, 1973-1976
ITALIAN CHEESE BREAD

Yield: 1 loaf

\[ \begin{align*}
\frac{1}{4} \text{ pound Swiss cheese} & \quad 1 \text{ cup warm water} \\
\frac{1}{4} \text{ pound sharp Cheddar cheese} & \quad 1 \text{ cup margarine} \\
4 \frac{1}{2} \text{ cups all-purpose flour} & \quad 6 \text{ eggs, beaten} \\
2 \text{ teaspoons sugar} & \quad \frac{1}{2} \text{ cup grated Parmesan cheese} \\
\frac{1}{4} \text{ teaspoon salt} & \quad \text{Dash of pepper (optional)} \\
2 \text{ packages yeast} & \\
\end{align*} \]

Preheat oven to 350°. Cut Swiss and Cheddar cheese into \( \frac{1}{4} \)-inch cubes; set aside. Sift flour with sugar and salt. Dissolve yeast in warm water. Cream margarine and stir in beaten eggs and yeast. Gradually add flour mixture. Beat with an electric mixer until satiny. (You may need a dough hook.) Stir in cheese cubes, Parmesan cheese, and pepper.

Cover and let rise until double in size. Stir down and let rise again. Then transfer to greased 10\( \frac{1}{2} \)-inch tube pan. Let rise again until double. (The 3 risings usually take at least 3 hours, depending on the temperature of your kitchen.) Bake for 40 minutes. Let cool 20 minutes before removing from pan. Dough may be frozen and will keep a week to 10 days well-wrapped at room temperature.

This recipe is adapted from one my grandmother always made for Easter morning. It was often eaten with Italian salami for breakfast.

Jean A. Buchanan, Wilmington, Del.
SHAKER CIDER BREAD

Yield: 2 loaves

1 cup butter or margarine          5 teaspoons nutmeg, freshly grated (can use 2 teaspoons ground nutmeg, but fresh is best)
3 cups sugar                       1 cup apple cider or apple juice
4 eggs                             
6 cups sifted flour                
1 teaspoon baking soda             
½ teaspoon salt                    

Preheat oven to 350°. Cream butter, add sugar gradually and beat thoroughly. Add eggs and beat again until sugar is almost dissolved, 15 to 20 minutes. Mix all dry ingredients together. Add these alternately with apple cider to batter mixture. Bake in two 9½- by 5½-inch greased and floured loaf pans for 1 hour or more until tested done.

Slice thin and spread with cream cheese, if desired. Cider bread can also be baked in a 10-inch tube pan.

Mrs. Frances Clark, Greenwood, Del.

EASY FRENCH BREAD

Yield: 2 loaves

1 package yeast                     1 tablespoon solid vegetable shortening
1½ cups warm water                  4 cups white flour
1 tablespoon sugar                  
1½ teaspoons salt                   

Preheat oven to 375°. Dissolve the yeast in ½ cup of warm water. Combine sugar, salt, shortening, and 1 cup of water. Add flour and mix well. Mix thoroughly every 10 minutes for an hour with a wooden spoon. Make 2 balls. Dump out to rest 10 minutes. Roll each ball into a rectangle. Roll up from long end. Grease cookie sheet. Sprinkle dough with cornmeal. Score top of dough. Let rise 1½ hours. Bake for 35 to 45 minutes.

That’s right, no kneading. Can substitute 2 cups whole wheat flour and 2 cups white flour for a different taste.

Connie Cox, Newark, Del.
LEMON BREAD

Yield: 1 loaf

¾ cup sugar  ⅓ cup water
½ cup margarine  1 tablespoon grated lemon rind
2 eggs  4 tablespoons lemon juice
2 cups unsifted flour  ½ cup chopped walnuts or pecans
2 teaspoons baking powder
½ teaspoon salt  ¼ cup light corn syrup

Preheat oven to 350°. In large bowl of electric mixer, beat sugar and margarine until well blended and fluffy. Beat in eggs. Stir in flour, baking powder, and salt until well mixed. Add water, lemon rind, and 2 tablespoons lemon juice, stir in nuts, turn batter into 9- by 5- by 3-inch pan.

Bake for 50 minutes. Stir together corn syrup and remaining lemon juice. Take loaf pan out of oven. Pour syrup mixture over loaf, then return loaf to oven, baking 5 minutes more until tester comes out clean. Cool 10 minutes before removing from pan. Let stand at room temperature overnight (slices better).

Cecelia Carney, Dover, Del.
LEMON PECAN BREAD

Yield: 1 loaf

\[
\begin{align*}
\frac{3}{4} \text{ cup butter} & \quad \frac{3}{4} \text{ cup buttermilk} \\
1\frac{1}{2} \text{ cups sugar} & \quad \frac{3}{4} \text{ cup chopped pecans} \\
3 \text{ eggs} & \quad 1 \text{ teaspoon grated lemon rind} \\
2\frac{1}{4} \text{ cups flour} & \quad \frac{1}{2} \text{ cup sugar} \\
\frac{1}{4} \text{ teaspoon baking soda} & \quad \text{ juice of 1 lemon} \\
\frac{1}{4} \text{ teaspoon salt} & \\
\end{align*}
\]

Preheat oven to 350°. Cream butter, gradually add sugar and eggs, one at a time, beating after each addition. Combine flour, baking soda, and salt; add to creamed mixture alternately with buttermilk. Stir in pecans and lemon rind.

Pour batter into greased 9- by 5- by 3-inch loaf pan. Bake for 1 hour and 15 to 20 minutes. Remove from oven. Mix together \( \frac{1}{2} \) cup sugar and lemon juice and pour over bread while it is still hot to glaze it.

Betty Fulmer, Wilmington, Del.
MINCEMEAT BREAD

Yield: 1 loaf

2 cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
1 egg, beaten
½ cup milk
½ cup brown sugar
3 tablespoons melted shortening
or oil
1 cup prepared moist mincemeat

Combine dry ingredients in one bowl and wet ingredients in another. Pour the wet mixture into the dry mixture and mix.

Turn into a greased loaf pan and bake in a preheated 350° oven for 1 hour. Cool on rack for 10 minutes, then turn out of pan and complete cooling on rack.

Rich and delicious. Anyone who likes the taste of mincemeat will also enjoy mincemeat bread.

Kitty Forester, Wilmington, Del.

PUMPKIN BREAD

Yield: 2 loaves

1¾ cups flour
1½ cups sugar
½ teaspoon salt
¾ teaspoon each cinnamon,
   nutmeg, cloves
¾ teaspoon baking powder
1 teaspoon baking soda
2 eggs
¼ cup vegetable oil
½ cup water
1 cup canned pumpkin
½ cup raisins
½ cup chopped walnuts

Preheat oven to 350°. Sift together flour, sugar, salt, spices, baking powder, and baking soda. Beat eggs in separate bowl and set aside. Mix oil, water, and pumpkin together, add eggs and pour into dry ingredients, mixing well. Add raisins and chopped walnuts.

Pour into 2 1-pound coffee cans, filling half full, or 6 to 8 soup cans, filling half full. Bake for 1½ hours.

Elaine T. Bradley, Felton, Del.
**IRISH SCONE**

*Yield: 1 loaf*

3 cups all-purpose flour  
¾ cup granulated sugar  
2 teaspoons baking powder  
1 teaspoon salt  
1½ cups milk  
1 egg, slightly beaten  
1½ sticks of margarine, melted  
1 or 2 cups raisins

Preheat oven to 325°. Mix dry ingredients together. Very slowly stir in milk, egg, and cooled margarine. Fold in raisins. Pour batter into 5- by 9- by 2-inch loaf pan and bake for 1 hour.

Joan D. Waters, Claymont, Del.

**YEAST ROLLS**

*Yield: 3 to 4 dozen*

1 cup sugar  
1 cup solid vegetable shortening  
1 teaspoon salt  
1 cup mashed potatoes  
1 cup scalding milk  
1 yeast cake  
½ cup lukewarm water  
2 eggs, slightly beaten

Mix together sugar, shortening, salt, mashed potatoes, and milk. Let cool until lukewarm. Dissolve yeast in water. Stir well and add to potato mixture. Add eggs and enough flour to make a stiff dough. Let rise for 3 hours. Knead down dough. Shape into clover leaf rolls or individual large rolls. Put rolls into well greased muffin tins to rise for 2 to 3 hours until doubled in size. Preheat oven to 350°. Bake rolls for 25 to 30 minutes.

Linda Hudson, Millville, Del.
BLUEBERRY ZUCCHINI BREAD

Yield: 2 loaves

3 eggs
1 cup vegetable oil
2 cups sugar
2 cups grated zucchini, including skin
3 teaspoons vanilla
3 cups sifted flour
1 teaspoon salt

1 teaspoon baking soda
3 teaspoons cinnamon
Dash of nutmeg
1 teaspoon baking powder
½ cup chopped walnuts
1 cup fresh blueberries, washed and stemmed

Preheat oven to 325°. Beat eggs until light and foamy. Add oil and sugar, grated zucchini, and vanilla. Mix well. Sift together flour, salt, soda, spices, and baking powder. Add to liquid mixture and mix well. Add nuts and blueberries.

Pour into two 9- by 5- by 2-inch well-greased loaf pans. Bake for 1 hour or until done. Cool at least 20 minutes before removing from pans.

Freezes very well and remains moist.

Libby Hancock, Wilmington, Del.
MEATS

Vveal
Pork, lean
2 cups breadcrumbs
1 egg

Allow about ½ pound each of veal and pork per person. Pre­heat oven to 350°. Cut veal and pork into 1-inch cubes. Dip cubes in breadcrumbs, then beaten egg, then breadcrumbs. Secure breadcrumbs by gently squeezing in hand. Deep fry until golden brown. On wood or metal skewers, alternate cubes of the two meats. Place in roaster. Bake for 2 to 3 hours or until tender. While baking, baste with a mixture of chicken bouillon and water.

Carol Rooney, Wilmington, Del.

CITY CHICKEN

Oil
Chicken bouillon
Water

Veal
Pork, lean
2 cups breadcrumbs
1 egg
PORK CHOP CASSEROLE

Serves 6

6 pork chops, medium thick   2 carrots, sliced
1 egg, beaten                 2 medium onions, sliced
Bread crumbs                  10 3/4-ounce can cream of
4 to 5 white potatoes, sliced mushroom soup

Preheat oven to 350°. Dip pork chops in beaten egg and coat with bread crumbs. Fry until lightly brown. Place in bottom of greased baking dish. Cover with layer of raw potatoes. Boil the sliced carrots in just enough water to cover until slightly soft.

Fry onions in same pan pork chops were fried in and when soft, add carrots to this. Pour mixture over pork chops and potatoes, cover, and bake about 1 hour.

Add just enough water to cream of mushroom soup to make a smooth mixture, pour over pork chops, cover, and cook ½ hour more. Serve this dish with a green salad, popovers, and a fruit dessert.

Why not treat the family?

Jean Santobianco, Claymont, Del.
BARBEQUED BABY SPARERIBS

Serves 4 to 6

5 pounds baby spareribs
Salt and pepper to taste
Curry powder
Barbecue sauce (below)

Preheat oven to 400°. Prepare spareribs by removing excess fat and cutting ribs into as many pieces as desired. Place flesh side up on a rack in a shallow roasting pan. Sprinkle with salt and pepper and very lightly with curry powder.

Cook spareribs for 1 hour, brushing with warm barbecue sauce every 10 minutes.

BARBECUE SAUCE

Yields: 2½ cups

1 cup finely chopped onion
1 clove garlic, minced
¼ cup butter, melted
1 cup catsup
½ cup dry sherry
1 tablespoon light brown sugar

1 teaspoon dry mustard
1 tablespoon lemon juice
½ cup vinegar
2 teaspoons Worcestershire sauce
½ cup water

In a deep saucepan sauté onions and garlic in melted butter for 3 to 4 minutes. Add remaining ingredients and bring to a boil. Lower heat and simmer, uncovered, for 1 hour, stirring frequently to prevent scorching.

A favorite served at the Governor's Mansion, Dover, Del.
PORK CHOPS IN SOUR CREAM AND MADEIRA

Serves 4

4 loin pork chops
3 tablespoons Madeira
1/2 cup sour cream
Salt and pepper

Pan broil 4 pork chops. When tender and a nice brown on both sides, remove them from pan. Remove excess fat from the pan. Add Madeira and sour cream, stirring well into the gravy. Return chops to the pan and cook for 10 minutes, frequently basting the chops.

Rose Haley, Wilmington, Del.
From A Jug of Wine, Morrison Wood

HAM DELIGHT

Serves 6 to 8

8-ounce package spaghetti
2 medium slices cured ham
2 medium onions, chopped fine
1 pound fresh mushrooms, sliced
10 1/4 ounce can tomato soup
Parmesan cheese, finely grated, to taste
Salt

Cut ham in small pieces, removing fat. Melt some ham fat in a skillet. Brown ham over low heat. Remove ham from skillet. Brown onions in ham drippings until translucent and golden; then add the ham, mushrooms, tomato soup, and salt to taste. Cover and simmer 40 minutes. Cook spaghetti in salted water and drain. Serve mixture over cooked spaghetti. Sprinkle Parmesan cheese over each serving.

Pearl Austin, Bethel, Del.
SCHINKENFLECKERL

Serves 6

4 cups uncooked broad noodles
1 heaping tablespoon butter
2 eggs, separated
2 tablespoons sour cream
1 pound ham, chopped
Salt to taste
1 tablespoon fine bread crumbs

Boil 2 quarts salted water. Break noodles into squares. Cook noodles according to package directions until almost tender. Drain noodles and rinse in cold water, drain, cool.

In mixing bowl, cream butter, egg yolks, and sour cream. Add chopped ham, cooked noodles, salt to taste; carefully fold in stiffly beaten egg whites.

Grease 8-inch square baking casserole, sprinkle with bread crumbs over pan. Tilt pan to make sure crumbs line the inside surface, and turn pan upside down and knock out excess crumbs. Fill with noodle mixture. Bake at 350° until top is golden and slightly crusted.

Serve with vegetables or salad.

This is a typical Austrian specialty, so popular that it was used as the theme of a song by the famous Viennese composer, Herman Leopoldi. He sang: “Why does the meat play hide-and-seek with the fleckerl.”

Charlotte Shedd, Wilmington, Del.
BEEF WITH BAMBOO SHOOTS AND PEPPERS

Serves 4 to 6

2 tablespoons soy sauce
2 tablespoons dry sherry (optional)
1 tablespoon cornstarch
1/2 teaspoon sugar
1 pound beef (round or flank)
2 tablespoons vegetable oil
1 clove garlic, halved
1 medium green pepper, cut into 1/2-inch strips

1 medium red pepper
2 scallions, cut into 1/2-inch slices
8-ounce can bamboo shoots, sliced
1/2 cup beef broth
1 cup long grain rice
10 1/4-ounce can beef consomme
10 1/4-ounce can beef broth
1 tablespoon butter

Combine in oblong casserole the first 4 ingredients. Cut the beef into thin strips and marinate in above mixture for 20 to 30 minutes. In a wok or skillet, heat oil, brown the garlic, then discard garlic. Stir-fry the peppers in the oil 2 to 3 minutes. Push peppers aside; stir-fry the scallions and bamboo shoots, push aside after 1 to 2 minutes. Drain beef. Stir-fry the beef 3 to 4 minutes, then mix beef with vegetables in wok. Add the beef broth and heat until sauce boils.

Mix rice, consomme, broth, and butter in casserole and bake at 350° for 1 hour.

Jean Johnson, Seneca, S. C.
BEEF BURGUNDY

Serves 6 to 8

2 pounds beef round, cubed
2 tablespoons flour
1 stick butter
1 tablespoon vegetable oil
2 4-ounce cans mushroom caps
1-pound can small onions
2 10-ounce cans beef broth
10¾-ounce can water
8-ounce can tomato sauce
2 cups dry red wine
¼ teaspoon dry thyme
½ teaspoon dry parsley
½ teaspoon black pepper
Salt to taste
1 pound wide noodles, cooked and drained

Coat beef cubes with flour. Heat butter and oil in Dutch oven. Add beef cubes. Cook and turn over medium high heat until well-browned. Drain mushrooms and onions; add to meat and cook until browned. To mixture in pan, add beef broth, water, tomato sauce, wine, thyme, parsley, pepper and salt. Stir well, bring to a boil, cover and simmer for 1½ to 2 hours, stirring occasionally to prevent sticking. (Add a little water if sauce becomes too thick.)

Serve over cooked wide noodles.

Judy Emmi, Claymont, Del.

BEEF AND CABBAGE CASSEROLE

Serves 6

2 tablespoons butter or vegetable oil
½ cup chopped onion
1 pound ground beef
Salt and pepper
6 cups cabbage, coarsely chopped
10¾-ounce can tomato rice soup

Preheat oven to 350°. In oil or butter, sauté onion, ground beef, and salt and pepper. Using a 2 or 2½ quart baking dish, spread 3 cups of cabbage and cover with meat mixture. Top with 3 more cups of cabbage. Pour the soup over the above mixture and bake uncovered for 1 hour.

EASY BRISKET

Serves 8 to 10

6-8 pound brisket
2 envelopes dried onion soup mix
¼ cup red wine
½ pound fresh mushrooms or 4-ounce can of mushrooms, drained

Preheat oven to 375°. Remove all fat from brisket. Empty one package onion soup mix on sheet of aluminum foil (large enough to cover brisket), and lay meat on top. Cover meat with other package of onion mix, wine and mushrooms. Seal in foil. Place in oven in pan and cook for 3½ to 4½ hours.

Judith Arenson, Wilmington, Del.

SAUCY ITALIAN STYLE POT ROAST

Serves 6 to 8

1 pound small macaroni shells, cooked
3 to 5 pound pot roast
2 tablespoons lard or drippings
2¼ cups water
½ teaspoon salt
2 28-ounce cans tomato puree
1 envelope spaghetti sauce mix
½ cup stuffed olives, sliced
2 tablespoons flour

Cook macaroni shells according to package directions. Brown pot roast in drippings. Remove; drain well. Add 1 cup of water and the salt. Cover and simmer for 1½ hours. Add puree, spaghetti sauce mix, olives, and 1 cup water. Simmer another 1½ hours until tender.

Remove meat to a heated platter. Add the cooked macaroni to sauce. Simmer for 10 minutes.

To thicken sauce, make a paste by shaking together the flour and ¼ cup water; add to sauce in pan. Slice pot roast, place on a meat platter, and serve macaroni with sauce around the meat.

Rita Keenan, Wilmington, Del.
SAVORY CHUCK STEAK

Serves 6 to 8

3½ pounds chuck steak (sliced 1-inch thick)
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons vegetable oil
1 envelope onion soup mix
1 cup cold water
1 cup chili sauce

With a sharp knife, remove fat from meat and slice meat into ¼-inch slices. In a large bowl toss meat with flour, salt, and pepper.

In a large skillet, in hot oil, brown steak strips. Add onion soup mix, water, and chili sauce. Simmer covered 25 minutes or until meat is tender. Serve steak over hot noodles.

Irene Volmi, Newark, Del.

KEN’S FLANK STEAK ROLL UPS

Serves 6

2½ to 3 pounds of flank steak
2 slices bacon, cut into ½-inch pieces
2 dill pickles, sliced lengthwise
½ teaspoon salt
Dash pepper
¼ cup flour
2 tablespoons vegetable oil
½ cup water
¼ cup catsup
1 teaspoon Worcestershire sauce

Cut steak into 8 rectangular pieces. Lay pieces of bacon and a slice of pickle on each. Roll up and fasten with a toothpick. Add salt and pepper to the flour; roll meat in mixture, and brown in hot fat.

Place in 1½ quart casserole. Combine water, catsup, and Worcestershire sauce. Pour over meat. Cover and bake at 350° until done (about 2 hours).

Pickle will disappear and flavor the meat. Absolutely delicious!

Beth Langston, Stanton, Del.
ROUND STEAK STUFFED WITH VEGETABLES

Serves 4

1½ to 2 pounds round steak (pounded flat)  1 to 2 stalks celery and/or ½ cup zucchini, sliced
Salt and pepper to taste  1 cup mozzarella cheese or Swiss cheese
2 tablespoons olive oil  2 cups tomato or spaghetti sauce
2 garlic cloves, crushed  Parmesan cheese
2 carrots, grated
1 onion, chopped

Pound steak flat. Rub in salt, pepper, olive oil, and garlic. Arrange the vegetables and cheeses down the center of the meat and roll up meat like a jelly roll, tie in several places.

Heat a large frying pan and add some olive oil, brown the roll quickly on both sides. Place the roll in a baking dish, add the tomato or spaghetti sauce; cover. Bake at 350° for 1 hour.

Serve with an apricot salad and sour cream biscuits.

Rebecca C. Spence, Palm City, Fla., formerly of Bethel, Del.

BARBECUE SAUCE FOR MEAT

Yield: approximately 3 cups

¼ cup butter  2 tablespoons celery seed, ground
2 onions, chopped  1 tablespoon white sugar
3 garlic cloves, crushed  ½ ounce chili powder
24-ounce bottle of catsup  2 tablespoons lemon juice
2 tablespoons vinegar

Melt butter and sauté onion and garlic until lightly browned. Add remaining ingredients except lemon juice and simmer for a few minutes. Strain and cool. Add lemon juice.

Use to baste ribs, beef, etc.

Jack Bretz, Omaha, Neb.
POULTRY AND GAME

APRICOT CHICKEN

Serves 6

8-ounce jar apricot preserves 1 envelope onion soup mix
8-ounce bottle Wishbone Russian dressing 1 chicken, cut up, or breasts and thighs

Mix ingredients together and pour over chicken. Bake at 350° for approximately 1½ hours, basting often.

Serve with corn bread or sour cream biscuits.

Ethelene Krauss, Claymont, Del.
BARBECUE CHICKEN

Serves 4 to 5

½ cup cooking oil  ¼ teaspoon white pepper
1 cup vinegar  1 egg
2 tablespoons salt  5 chicken halves
1½ teaspoons poultry seasoning

Beat oil, vinegar, salt, seasonings, and egg together. You can marinate the chicken in this for 3 or 4 hours before cooking, or just brush on chicken, then grill it.

Served with popovers or Johnny cake, it makes a delicious meal.

Mary Pilgrim, Belleville, Wis.

BARBEQUE CHICKEN CASSEROLE

1 3-4 pound frying chicken  2 teaspoons lemon juice
1 teaspoon salt  1 teaspoon prepared mustard
2 teaspoons cider vinegar  ½ teaspoon red pepper
2 teaspoons butter  1 teaspoon paprika
2 teaspoons Worcestershire sauce  1 teaspoon chili powder
4 teaspoons water  2 teaspoons catsup

Sprinkle chicken pieces with salt. Combine next 10 ingredients making a sauce, and dip chicken pieces into sauce. Place chicken into a well greased casserole pouring any remaining sauce over chicken. Bake at 500° for 15 minutes. Reduce heat to 350° and bake approximately 1¼ hours.

Louise Keim, Claymont, Del.
CHICKEN à la KING

Serves 4

6- or 8-ounce can sliced mushrooms, drained, keep liquid
½ cup diced green pepper
½ cup butter or margarine
½ cup flour
1 teaspoon salt
¼ teaspoon pepper
2 cups light cream
1⅛ cup chicken broth (17-ounce can)
2 cups cubed chicken or turkey
4-ounce jar pimento, chopped (optional)
1 small can peas, drained (optional)

In large skillet, cook mushrooms and pepper in butter for 5 minutes, stirring. Over low heat, blend in flour, salt, and pepper. Cook until bubbly. Remove from heat. Stir in cream, broth, and ¼ cup mushroom liquid. Return to heat, bring to boil, stirring, and boil 1 minute. Reduce heat, stir in chicken, pimento, and peas. Heat through. (About another ¼ to ½ cup chicken broth and/or mushroom liquid can be added, if needed to thin.)

Serve in hot toast cups, heated pastry shells, or over toast. Leftovers can be frozen and reheated.

Add this to your laurels as a hostess.
Charlotte Johnson, Pendleton, S.C., formerly of Claymont, Del.
CHICKEN à la LILLIAN

Serves 4

8 pieces of chicken, of your choice
Salt and pepper
6 or 7 cups water
Wide noodles or rice for 4 servings
1 medium green pepper, chopped fine
1 medium onion, chopped fine
1½ cups mushrooms, sliced or button mushrooms
2 bay leaves

Season chicken pieces with salt and pepper and boil in 6 or 7 cups water until tender. Remove chicken and set aside. Save broth.

Cook enough wide noodles or rice according to package direction for 4 servings (I prefer noodles), drain, and set aside.

Sauté green pepper, onion, and mushrooms until soft and lightly browned. Add to 2½ cups reserved chicken broth, bay leaves, salt, and pepper to taste and let boil slowly 8 or 10 minutes.

Mix flour and water together. Add lemon juice and mayonnaise; stir thoroughly to make gravy.

Grease a 9- by 13- by 2-inch baking dish. Add noodles or rice. Place chicken on noodles and cover with gravy mixture, stirring lightly to let gravy down into noodles or rice. Add peas. Sprinkle cheese over top, then bread crumbs and dots of butter. Bake until bubbly and brown on top, about 40 to 50 minutes.

This recipe is being shared with us by the great granddaughter of Governor James Ponder, Delaware’s forty-fourth governor, 1871-1875.

Lillian Ponder Hunter, Wilmington, Del.
CHICKEN BREASTS WITH HAM

Serves 6

3 whole chicken breasts, split, skinned, and boned (about 1½ pounds)  
1 envelope seasoned coating for chicken, any flavor  
¼ pound mushrooms, thinly sliced  
3 tablespoons butter or margarine  

½ cup dry white wine or chicken broth  
¼ cup light cream or half and half  
6 slices boiled ham  
6 slices (thin) Swiss cheese  

Coat chicken with seasoned coating mix as directed on package. Arrange in a single layer in ungreased baking dish. Bake at 400° for about 20 minutes. Meanwhile, sauté mushrooms in butter until tender and slightly browned. Stir in wine and cream. Pour over chicken in baking dish. Top each chicken breast with a slice of ham, then a slice of cheese. Bake 5 minutes longer or until cheese just begins to melt.

Becky Mitchell, Newark, Del.
CHICKEN CASSEROLE

Serves 8 to 10

4 chicken breasts 6 ounces croutons
Water ¼ pound butter
10¾-ounce can mushroom soup 1 cup chicken stock
8 ounces sour cream

Cover chicken with water. Boil 4 breasts of chicken until done; cool, then cube and place in oblong casserole.

Preheat oven to 350°. Mix mushroom soup and sour cream. Pour over chicken. Add croutons. Melt butter and mix with chicken stock; drip over croutons. Bake for 1 hour.

Chicken is a cook’s best friend.

Frances M. Dennis, Wilmington, Del.
CURRIED CHICKEN
Serves 4 or more

1½ pounds chicken, boned  2 teaspoons soy sauce
3 large potatoes (or 4 medium size)  1 tablespoon white cooking wine
2 tablespoons vegetable oil  ½ teaspoon salt
1 medium onion, chopped  1 cup water
2 teaspoons curry powder  1 teaspoon sugar or to taste
(Indonesian preferred)

Cut chicken into 2-inch cubes, and set aside (half-frozen meat is easier to work with). Boil and skin potatoes. Mash coarsely so some lumps remain. Brown chicken in vegetable oil over high flame. Add potatoes, onion, curry powder, soy sauce, wine, salt, and water. Stir and cook over medium heat in large deep saucepan or wok. Add sugar (about 1 heaping teaspoon). Cook for 15 minutes. Mixture should be thick like a stew. Serve over steamed rice.

A favorite of Lt. Governor S.B. Woo.

Katy Woo, Newark, Del.
CHICKEN DIVAN

Serves 6 to 8

2 10-ounce packages frozen broccoli
3 to 4 chicken breasts
10¾-ounce can cream of mushroom soup
½ cup mayonnaise
⅓ to ⅔ teaspoon lemon juice
½ teaspoon curry powder
Salt and pepper to taste
Ritz crackers
Butter
Cheddar cheese, grated

Cook broccoli for 3 minutes, drain well. Boil chicken breasts until tender, take from bone and cut into chunks. Place broccoli in bottom of 2-quart baking dish and top with chunked chicken. Make sauce of remaining ingredients and pour over above.

Crush 1 stack Ritz crackers. Melt butter; pour over crackers. Pour evenly over casserole. Sprinkle cheese over all. Bake at 375° for 35 minutes, covered; 10 minutes additional, uncovered.

A pink salad is a good accompaniment.

Commander Dennis Whitford, Monterey, Cal., formerly of Claymont, Del.
CHICKEN ELEGANT

Serves 6

4 chicken breasts or 3 breasts and 6 thighs
Water
½ teaspoon pepper
3 bay leaves
½ teaspoon rosemary
1 onion
2 stalks celery

10 3/4-ounce can of cream of mushroom soup
1 pint sour cream
¼ pound butter
8-ounce package herb stuffing mix
1 cup chicken broth plus 3 tablespoons, reserved

Boil chicken in enough water to cover with pepper, bay leaf, rosemary, onion, and celery for 45 minutes to an hour. Cool and bone chicken. Save broth. Mix mushroom soup, sour cream, and 3 tablespoons chicken broth. Mix with chicken, and put chicken mixture in 9- by 13-inch glass baking dish. Melt butter and pour over stuffing mix; add one cup reserved chicken broth.

Put stuffing mix over chicken. Cover dish with foil. Bake at 350° for 20 minutes. Uncover and bake 15 minutes longer.

Mrs. Marvin Searles, Bethel, Del.
FIFTEEN MINUTE CHICKEN

Serves 6

2 chicken breasts
1/4 cup flour
1/4 cup butter
Salt and pepper to taste (white pepper, if you have it)
1 tablespoon crushed fresh rosemary

3 tablespoons raspberry vinegar or lemon or orange juice, Madeira, sherry, white, or red wine
1 tablespoon finely chopped fresh parsley

Skin, bone, and cut chicken into finger-size pieces about 3 inches long. Roll chicken pieces, a few at a time, in flour. Pat off excess. In a large skillet, melt butter until it sizzles. Add chicken and toss or stir over high heat 3 to 5 minutes or until chicken is no longer pink. Stir in salt, pepper, and rosemary. Add the vinegar, or one of the alternative ingredients, to deglaze the pan. Sprinkle the parsley on top.

This is especially good served over brown rice.

Governor Michael N. Castle, 1985- , Dover, Del.
POULTRY AND GAME

MEEMAW'S CHICKEN

Serves 12

2 cups sour cream
¼ cup lemon juice
4 teaspoons Worcestershire Sauce
4 teaspoons celery salt
2 teaspoons paprika
1 teaspoon garlic salt
½ teaspoon pepper

6 whole boned chicken breasts, split
1¾ cups bread crumbs (more if necessary)
½ cup butter
½ cup vegetable oil

Combine first 7 ingredients in large bowl. Add chicken and marinate overnight. The next day, roll chicken in bread crumbs (may take more). Place in shallow buttered pan. Refrigerate overnight.

Melt the butter and stir in oil. Pour half of butter-oil mixture over chicken. Bake at 350° for 45 minutes. Turn chicken and add rest of butter-oil mixture, bake 15 to 30 minutes longer or until chicken is tender.

Marjorie Whitaker, New Castle, Del.
CHICKEN AND OYSTER POT PIE
CHESAPEAKE

Serves 1

Pastry dough
1 mushroom, sliced vertically
5 pieces of sliced carrot
1 tablespoon green peas
3 ounces white meat of chicken, cooked

2 ounces (3) shucked oysters, raw
¾ cup Velouté sauce

Line a ramekin with pie pastry and bake for approximately 25 minutes or until lightly browned.

Cook the vegetables. Cut the chicken into bite-size pieces and sauté until cooked. Place in the ramekin. Add the cooked vegetables and oysters. Pour hot Velouté sauce over all; bake at 425° for 10 minutes or until completely heated.

Note: When making these in quantity, put ramekins in large shallow pan. Fill pan until water comes three quarters up the sides of the ramekins, then bake.

Velouté Sauce
Yield: approximately one gallon

10 ounces butter
10 ounces bread flour
1 gallon clam or oyster broth, hot (or chicken stock)

Salt and pepper to taste

In a saucepan, melt the butter; stir in the flour to make a roux. Cook over low heat for 5 to 6 minutes; do not brown. Slowly whip in stock until sauce is thickened and smooth. Adjust seasoning. Continue to cook sauce for 30 minutes. Strain and use immediately or freeze.

Note: Do not cut down quantities to make less sauce.

The New Castle Inn Restaurant, New Castle, Del.
CHICKEN PARISIANNE

Serves 3 or 4

4-ounce package dried beef
3 or 4 chicken breasts, split and boned
10¾-ounce can cream of mushroom soup
1 cup sour cream

Line lasagna pan with dried beef. Place chicken on top. Combine soup and sour cream and pour over chicken. Bake, uncovered at 325° for 1½ hours. Serve over hot rice.

Easy to prepare. Add a green salad and hot rolls.

Joanna Prillman, Claymont, Del.

POLISH BAKED CHICKEN
(Kurczie Smietanne)

Serves 6

4 tablespoons butter
2 large onions, sliced thin
6 chicken breasts, split, boned
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic salt
1/4 teaspoon paprika
1 pint sour cream
3 tablespoons flour

Melt butter in oblong baking dish. Add onion, chicken, salt, and pepper. Season with garlic salt and paprika. Bake at 350° for 45 minutes. Combine sour cream with flour, pouring some hot juice in from the chicken. Mix well. Pour over cooked chicken and bake an additional 10 minutes.

Delicious served with buttered noodles or rice.

Agnes J. Scott, Wilmington, Del.
SESAME CHICKEN WITH CRAB

Serves 6

½ pound crabmeat  
2 eggs, beaten  
½ cup mayonnaise  
3 breasts of chicken, split and boned  
2 cups fresh bread crumbs  
½ teaspoon Old Bay seasoning  
Salt and pepper  
Sesame seeds  
1 egg, beaten  
Flour  
Butter

Combine crabmeat, eggs, and mayonnaise. Place crab mixture on back of chicken breasts; tuck chicken and skin into a roll and refrigerate until firm. Roll chicken in crumbs combined with Old Bay seasoning, salt, and pepper. Dip in egg and flour and sauté chicken in butter until done. Sprinkle sesame seeds on top. Serve with a gravy made with mushrooms and Madeira wine.

Chef Jean Scott, Waterworks Cafe, Wilmington, Del.

'76 CHICKEN STICKS

Serves 6

12 chicken drumsticks—legs without thighs  
½ cup flour, divided  
1 egg, beaten  
1 tablespoon sherry  
1 teaspoon MSG  
1 teaspoon salt  
½ teaspoon ground ginger  
¼ teaspoon pepper  
½ cup pecans, finely chopped  
¼ cup sesame seeds  
½ cup corn oil


Second prize winner in the 1976 Delmarva Chicken Cooking Contest.

Ernestine Edwards, Lewes, Del.
SWEET n' SMOKY CHICKEN

Serves 4

1 Perdue chicken, cut into serving pieces
1 large onion, sliced
½ teaspoon hickory-smoked salt
⅛ teaspoon pepper

¼ cup catsup
¼ cup maple syrup
2 tablespoons cider vinegar
1 tablespoon prepared mustard

Preheat oven to 350°. Remove giblets and leave fat; rinse chicken, pat dry. Place onion slices in bottom of 8- by 12-inch baking pan. Place chicken in single layer, skin side up, on top of onion. Sprinkle with hickory salt and pepper. In a small bowl, combine remaining ingredients; pour over chicken. Bake, uncovered, about 1 hour or until juice runs clear when meat is pierced with a fork.

Courtesy of Frank Perdue, Salisbury, Md.

CHICKEN OR TURKEY CASSEROLE

Serves 6

3½ to 4 cups of chicken meat, cooked and chopped
8 ounces Velveeta cheese slices, coarsely shredded
10¾-ounce can cream of chicken soup

1 cup chicken broth
¼ cup melted margarine
8-ounce package herb stuffing mix

In a 9- by 13-inch baking dish or 2½-quart casserole, make one layer of chicken. Top with a layer of cheese, more chicken, and a final layer of cheese. Mix cream of chicken soup and chicken broth together to make a gravy. Pour over chicken and cheese. Melt margarine and mix in stuffing mix. Put this on top of casserole. Cover dish with foil. Bake at 350° for 20 minutes. Remove foil and continue to bake for 15 minutes more.

Doris Helmick, Claymont, Del.
DOVES
Serves 4

Black pepper  Butter 4 doves
Curry

Make a mixture of equal parts black pepper and curry. Melt butter. Arrange the doves in a casserole, breast-side down, brush melted butter on the inside of the doves, then sprinkle with pepper-curry mixture. Turn doves over and repeat on the breast side. Turn doves again and bake at 325° for about 15 minutes; turn doves over and bake until they begin to look crispy. Put doves very briefly under the broiler to crisp the skins. Doves should be cooked until juice runs clear.

I usually serve them with Chicken Rice-A-Roni, but wild rice is much better.

The men shoot the doves during the hunting season in the fall, then bring them home and clean them. They are frozen until we get enough for a meal. Then I clean them again after they have been thawed and pick off any remaining feathers.

Judith Roberts, Lewes, Del.
**PICKLED DUCK WITH MUSTARD SAUCE**

*Serves 10*

2 ducks, 4½ to 5 pounds each  
2½ cups water  
1½ cups salt plus 1½ tablespoons  
2 cups sugar  
2 large bunches parsley

Marinate ducks overnight in mixture of water, salt, and sugar. Before cooking, drain and wash. Fill cavities with parsley and bay leaves. Season with pepper. Place in large roasting pan and roast at 450° for 15 minutes. Add stock to depth of ¼ inch; lift ducks so stock can run underneath. Continue cooking 30 to 35 minutes, adding stock, if necessary. Cool 15 minutes.

Slice breasts and thighs thinly so that there are a total of 20 slices. Reserve remaining duck for other uses. To reheat, wrap stacked slices of duck in foil and place in warm oven for 20 minutes. Serve with mustard sauce and red cabbage and garnish with kale and gooseberries.

**MUSTARD SAUCE**

*Yield: approximately ⅓ cup*

2 egg yolks  
⅝ teaspoon red wine vinegar  
⅝ teaspoon mushroom (or plain) soy sauce  
3 teaspoons sugar

2 teaspoons Dijon mustard  
1 tablespoon plus 1 teaspoon vegetable oil  
2 teaspoons port or Madeira  
2 teaspoons cognac

Place first 5 ingredients in a blender. Run blender 20 seconds, then add oil slowly until mixture thickens. Remove from blender. Fold in port or Madeira and cognac. Serve with duck.

Graciously submitted by the wife of the Swedish Ambassador, Countess Ulla Wachtmeister, Washington, D. C.
PHEASANT SUPREME WITH SAUCE POIVADE

Serves 4

2 12- to 14-ounce pheasants (wild or farm raised)
Salt
Pepper
Butter
2 cups white wine
1 cup water
1 carrot
1 stalk celery
1 small onion
10 ¼-ounce can chicken broth

1 cup currant jelly
1 cup sweet Marsala
1 tablespoon cornstarch
3 tablespoons water

Salt
Freshly ground black pepper

4 shallots
½ pound mushrooms
¼ loaf thin sliced white bread
1 teaspoon dried basil
1 tablespoon dried tarragon

Cut the legs, thighs, wings, and backbone from the pheasant, but do not split the breast. Rub pheasant parts well with salt, pepper, and a little butter. Store in refrigerator until ready to roast.

Preheat oven to 450°. Cut as much meat as possible from the legs and thighs. Reserve the bones. Put 1 cup of the white wine and 1 cup of water in a pot. Add dark meat; simmer until tender, about 20 to 30 minutes. Meanwhile, chop the bones in half. Chop the carrot, celery, and onion. Put bones in roasting pan; scatter chopped vegetables around them. Roast the bones until brown.

When dark meat is tender, remove from liquid (reserve liquid) and let meat cool. Add browned bones and vegetables to liquid and simmer on the top of the stove for approximately 45 minutes. You should have about 2 cups of stock. If necessary, add 1 can of chicken broth or 1 cup of water flavored with 1 chicken bouillon cube. Strain stock and set aside.

In another saucepan, melt the currant jelly with the Marsala. Add the stock and bring to a boil. Dissolve cornstarch in water and stir into sauce to thicken it. Season this sauce with the freshly ground pepper and salt. Dice shallots and mushrooms. Cook in the remaining cup of white wine until tender.
Cut the bread into small cubes. Melt the butter and sauté the bread cubes until golden brown. Dice the cooked dark meat. Add to mushrooms and shallots. Stir in croutons. Season with basil, tarragon, salt, and pepper. Recipe may be prepared up until this point. Refrigerate for a few hours.

Place pheasant breasts in a roasting pan and cook in a 450° oven for about 15 minutes (for medium rare pheasant). Do not overcook or meat will be too dry. Remove from oven; let sit for 15 minutes. Cut meat from bones and slice. Reheat shallot-mushroom dressing and sauce if necessary. On each serving plate, layer breast meat, dressing, then top with sauce.

PHEASANT IN CREAM

Serves 6

2 pheasants, quartered
2 10¾-ounce cans cream of chicken soup
1 cup white wine
2 ½ tablespoons Worcestershire sauce

1 ½ teaspoons salt
½ cup chopped onion
½ teaspoon minced garlic
2 6-ounce cans mushroom crowns
Paprika

Arrange pheasants in baking pan. Mix other ingredients, except paprika, and pour over the birds. Sprinkle paprika over the top and bake at 350° for 1 ½ hours. Baste often during cooking and sprinkle more paprika after the last basting. If pheasants are large, bake about 2 hours.

This is excellent served with wild rice, and chicken may be substituted for the pheasants.

SEAFOOD
CRAB IMPERIAL

Serves 6

4 tablespoons butter or margarine
4 tablespoons flour
2 cups milk
1 teaspoon salt
½ teaspoon pepper
½ teaspoon celery salt
Dash cayenne (red pepper)
1 egg yolk, beaten
2 tablespoons sherry
1 cup soft bread crumbs
1 pound crab flakes
1 teaspoon minced parsley
1 teaspoon minced onion
⅛ cup buttered crumbs
Paprika

Melt butter or margarine; add flour and blend. Gradually add milk and seasonings and cook over low heat, stirring constantly until thickened. Gradually add egg yolk and cook 2 minutes more. Remove from heat; add sherry, soft bread crumbs, crabmeat, parsley, and onion. Gently mix and pour into well greased casserole. Top with buttered crumbs. Sprinkle with paprika. Bake in hot oven (400°) for 20 to 25 minutes.

You will be proud to serve this dish.

IMPERIAL CRAB CAKES

Serves 4 to 6

2½ tablespoons margarine
4 tablespoons flour
1 cup milk
1 pound crabmeat
3 slices bacon, fried and crumbled (reserve fat)
¼ cup green pepper, chopped
1 egg, beaten

1 tablespoon mayonnaise
1 tablespoon prepared mustard
1 tablespoon Worcestershire sauce
1 teaspoon salt
½ teaspoon pepper
Bread crumbs

Melt margarine, add flour, and stir until bubbly. Gradually add milk; stir until thickened. To the white sauce, add crabmeat, bacon, green pepper, egg, mayonnaise, mustard, Worcestershire sauce, salt, and pepper. Shape into cakes and coat with bread crumbs. Refrigerate crab cakes one hour before cooking. When ready to cook, heat reserved bacon fat and fry crab cakes until golden brown.

Carolyn Thoroughgood, Newark, Del.
SAMBO’S CRAB CAKES

Serves 4 to 6

1 pound crabmeat  1 tablespoon horseradish
3 tablespoons self-rising flour  2 teaspoons prepared mustard
1 egg  1 tablespoon Old Bay seasoning

Mix ingredients well. Form into cakes and deep fry at 350° until golden brown.

Gaining in popularity since the opening in 1953, Sambo’s is well-known for its Delaware blue crab dishes.

Elva Murray
Sambo’s Tavern, Leipsic, Del.
SAVORY CRAB MEAT DINNER

Serves 2 to 4

2 slices white bread
¼ cup milk
1½ cups crabmeat
¼ cup plus 2 tablespoons melted butter
¼ teaspoon herb seasoning
Dash of cayenne
Dash of paprika

Dash of pepper
2½ pound chicken, split in half
2 tablespoons soft butter
½ teaspoon salt
¼ cup sherry
2 tablespoons catsup
¼ teaspoon garlic salt

Cut bread into cubes; add milk to bread and toss until all milk is absorbed. Blend crabmeat and 2 tablespoons melted butter with the seasonings. Add crabmeat to the bread and milk mixture and toss lightly.

Preheat oven to 350°. Rub 2 halves of chicken with 2 tablespoons soft butter, sprinkle with salt and paprika. Place chicken halves, skin side up in baking pan. Bake 35 minutes. Combine ¼ cup melted butter, sherry, catsup, and garlic salt. Spoon 1 to 2 tablespoons of butter mixture on each chicken half; cook until tender. Turn chicken over; fill breast cavities with crabmeat mixture. Bake 30 to 35 minutes longer, basting with butter sauce.

This delicious dish was a 1968 winner in the Crisfield, Maryland, Annual Crab Cooking Contest.

Corinthia Blizzard, Seaford, Del.
SIMPLE CRAB QUICHE

Yield: 1 9-inch quiche, serves 6 to 8

Pastry for 9-inch quiche
6-ounce can lump crabmeat or fresh crabmeat
4 ounces shredded Swiss or mozzarella cheese
½ cup minced onions
1 tablespoon minced fresh parsley

4 eggs, beaten
2 cups half and half
½ teaspoon salt
½ teaspoon red pepper or 3 to 4 drops red pepper sauce
Parsley sprigs (optional)

Preheat oven to 425°. Line a 9-inch quiche dish or deep dish pie plate with pastry. Trim excess around edges. Prick bottom and sides of pastry with a fork. Bake for 5 minutes. Cool.

Sprinkle crabmeat, cheese, onions, and parsley evenly into pastry shell. Combine next 4 ingredients, stirring well; pour over crabmeat mixture. Bake at 325° for 35 to 40 minutes or until set. Garnish with parsley sprigs, if desired.

Emma H. Craft, Dover, Del.

POOR MAN’S LOBSTER

Serves 4

¼ cup cider vinegar
2 cups water
1 teaspoon salt
1 teaspoon seafood seasoning

1 teaspoon celery seeds
1 pound frozen haddock
Melted butter

Bring first 5 ingredients to a boil in a skillet. Add frozen haddock and cook 10 minutes on each side. May have to cook a little longer if haddock is not completely cooked. Drain, serve with melted butter.

Looking for an inexpensive dinner? This is the way to go.

Arlene Martin, Claymont, Del.
PILOT BOAT BREAKFAST

Serves 3

6 large potatoes
6 skinned cod fillets (use fresh cod if possible, but any lean fish such as striped bass or weakfish can be substituted)

6 hard-cooked eggs
1 pound broiled bacon
2 onions, diced
Salt and pepper
Melted butter

Peel potatoes and boil until done, about 20 minutes. Bake or steam fish until done (about 10 minutes). Dice potatoes and cover with cooked fish. Crumble bacon and chop eggs. Sprinkle bacon pieces and chopped eggs on fish. Add raw onions to taste and pour melted butter over all. Add salt and pepper to taste. An easy, quick, nutritious meal.

Years ago this was a meal prepared for the Delaware Bay pilots before they took command of a vessel heading up Delaware Bay. It can be breakfast, lunch, or dinner—any way it is truly an excellent, hearty, rich meal.

University of Delaware, Delaware Sea Grant College Program

DAD CARPER’S BROILED SPANISH MACKEREL

Serves 4

3 to 5 pounds mackerel
¼ pound of butter

½ cup French dressing
Salt and pepper

Wipe slices of mackerel dry. In a baking pan, melt butter; stir in French dressing. Add mackerel. Broil, turning frequently until brown.

“A delicious quick seafood dish!”

Jean Carper, Seminole, Fla. (mother of U. S. Congressman Tom Carper)
SEAFOOD

BAKED ROCK FISH

Serves 4

3 to 5 pounds rock fish
Salt and pepper to taste
Paprika
Juice of 1 lemon
1½ cups bread crumbs

2 teaspoons chopped onion
½ cup celery
2 tablespoons parsley
2 tablespoons butter

Clean and remove backbone from fish, leaving pocket. Season with salt, pepper, and paprika. Pour lemon juice over fish.

Mix bread crumbs, onion, celery, parsley, and butter together. Fill fish with dressing and sew together. Bake at 350° 1 hour or longer.

Charles Wesley Atkins, chef to Delaware’s seventieth governor, Charles L. Terry, 1965-1969

BAKED SHAD

Serves 4

4 to 5 pounds shad
3 tablespoons butter, melted
3 tablespoons cider vinegar
Salt and lemon pepper

Rub cleaned shad inside and out with melted butter and vinegar. Sprinkle with salt and lemon pepper. The shad roe may be placed in the cavity, if desired. Wrap and seal shad in foil. Bake in a covered pan at 275° for 6 to 8 hours. The bones will disintegrate as the fish bakes.

University of Delaware Sea Grant Marine Advisory Service

ELEVEN FISH ROASTED ON A PLANK

Eleven fish was the name the Dutch settlers gave shad because it arrived on the eleventh of March. The first shad was presented to the governor. As it became more common it became known as the “poor man’s fish.” The rich ate it on the sly. Adams, our second president, was a shad man. The Dutch cooked their shad on a birch plank over the coals of a wood fire.
SWEET AND SOUR SHARK

Serves 4

1½ pounds shark
1/2 cup flour
6 tablespoons vegetable oil
1 teaspoon salt
Pepper
1 large green pepper, cut into ¼-inch rings
1 large carrot, sliced thinly
2 celery stalks, sliced
1 scallion, sliced

20-ounce can sliced pineapple
Water
½ to 1 cup sugar
2 tablespoons cornstarch
3/4 cup cider vinegar
1 tablespoon soy sauce
1/4 teaspoon ginger
1 chicken or vegetable bouillon cube

Preheat oven to 350°. Wash shark, cut in 1-inch by 2-inch pieces, and pat dry with paper towels. Dredge shark in flour. Heat oil in large skillet. Add shark, a few pieces at a time, and cook quickly on all sides. Remove to shallow roasting pan and sprinkle with salt and pepper. Layer sliced vegetables on shark.

Drain the pineapple by pouring juice into 2-cup measure. Add water to make 1 ¼ cups. Put pineapple slices on vegetables. In a medium saucepan, combine sugar, cornstarch, pineapple juice, vinegar, soy sauce, ginger, and bouillon cube. Bring to boil, stirring constantly; boil 2 minutes. Pour over shark, vegetables, and pineapple. Bake, uncovered, 30 minutes. Serve with fluffy rice.

Doris Hicks, University of Delaware Marine Grant Department
MOLDED TUNA

Serves 12

3 6½-ounce cans tuna
4 hard-boiled eggs, chopped
1 cup celery, chopped

2 envelopes unflavored gelatin
½ cup cold water
3 cups mayonnaise


Serve on lettuce cups with fresh peas and hot rolls.

Kathy Edwards, Laurel, Del.
**POLYNESIAN TUNA BAKE**

*Serves 4 to 6*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>1/2 cup chopped green pepper</td>
<td>1 cup flour</td>
</tr>
<tr>
<td>10 3/4-ounce can tomato soup</td>
<td>1 1/2 teaspoons baking powder</td>
</tr>
<tr>
<td>2 tablespoons brown sugar</td>
<td>1/4 teaspoon salt</td>
</tr>
<tr>
<td>1 tablespoon onion, minced</td>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1 teaspoon lemon rind, grated</td>
<td>2 tablespoons oil</td>
</tr>
<tr>
<td>3 tablespoons lemon juice</td>
<td>1 teaspoon sesame seed</td>
</tr>
<tr>
<td>2 teaspoons soy sauce</td>
<td></td>
</tr>
<tr>
<td>2 6 1/2-ounce cans tuna, drained, flaked</td>
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</tbody>
</table>

Mix together first 8 ingredients in a saucepan. Simmer covered for 10 to 15 minutes. Pour into 2 quart casserole.

Preheat oven to 375°. Make biscuits by combining flour, baking powder, and salt. Add milk and oil. Stir until well mixed. Drop biscuits by teaspoonfuls on hot tuna mixture. Sprinkle with sesame seed. Bake for 25 to 30 minutes, or until brown.

This dish was a favorite of the late Harvey Stahl, Claymont’s first school superintendent.

Miriam Stahl, Claymont, Del.
OYSTERS WITH SCALLOPED CORN

Serves 6

2 cups canned corn, creamed or whole kernels
2 eggs, beaten
2 tablespoons butter
2 tablespoons flour
½ cup cream
1 teaspoon salt
8-ounce can oysters and liquor
6 or 8 soda crackers, slightly broken

Preheat oven to 350°. Mix all ingredients and pour into a well-oiled 2-quart casserole. Sprinkle with more cracker crumbs. Bake in oven until inserted knife comes out clean. Casserole may be set in a pan of water in oven to bake like a custard.

A great company dish.

Thelma Good, Malvern, Pa., formerly of Claymont, Del.

OYSTER FRITTERS

Yield: 18

1½ pints stewing oysters, or 2 8-ounce cans
½ cup flour
1 egg
½ teaspoon salt
3 dashes pepper
2 tablespoons cream
1½ teaspoons baking powder
1 rounded tablespoon shortening

Drain liquor from oysters, stir in half of flour gradually. Add unbeaten egg, salt, and pepper. Stir in remaining flour. Add cream. Add baking powder. Stir all ingredients slowly until batter and oysters are creamy and blended. In an iron skillet melt shortening. Fry oyster batter by tablespoonfuls. Brown nicely on both sides.

Mrs. Emma C. Donovan, Odessa, Del.
PAELLA
Filled with Fruits of the Sea

Serves 12

1 cup olive oil
1 pound ham, cut in ½-inch cubes
6 sausages (Chorizos or hot Italian) thinly sliced, casing removed
2 3-pound frying chickens, cut up or 6 to 8 drumsticks, 6 to 8 thighs, and 2 whole deboned frying chicken breasts
1 teaspoon poultry seasoning
Salt and pepper
3 cloves garlic, chopped fine
1 large Bermuda onion, chopped
1 large green pepper, chopped
2 celery stalks, chopped

4 cups uncooked rice
2 packages Bijol or saffron (½ teaspoon, ground)
2 cups canned tomatoes
1 teaspoon salt
2 4-ounce cans pimentos, drained and chopped
4 cups chicken broth
Juice of one lemon
2 pounds raw shrimp, shelled
6 lobster tails (6 ounces each), cut in half (optional)
10-ounce package frozen peas
2 dozen well-scrubbed small clams (or use canned clams)
6 oysters in shells (optional)

In olive oil, brown ham and sausages; remove ham and sausages, drain. Layer meat in an 8-quart casserole or a large roasting pan. Sprinkle chicken with poultry seasoning, salt, and pepper. Brown chicken in hot olive oil; place chicken, except drumsticks, on ham and sausage.
Preheat oven to 350°. Cook garlic, onion, green pepper, and celery in pan drippings; stir in rice, saffron, tomatoes, salt, and pimento; pour into casserole. Combine broth and lemon juice; pour over casserole. Bury drumsticks vertically in rice leaving bone ends sticking up. Put paper frills over bone ends. Bake uncovered in oven for 15 minutes. Add shrimp and lobster (removed from shell). Bake about an hour or until rice is tender, stirring now and then. A little more broth may be added if rice appears dry. Add peas, stirring lightly to blend. Push clams into rice, mouth side up. While paella is baking, clean oysters by soaking in salted water for 10 minutes, drain and repeat twice. Add oysters on top of paella. Cover and bake 15 minutes or until clam shells pop open.

Serve with a mixed salad, Galleta (Spanish water crackers), and Brillante Rosada (pink Spanish wine). For dessert serve flan (egg custard with a burnt almond topping).

Quite a challenge and expensive if using lobster, but you will never regret it.

C. R. (Grampop) Adamson
SEAFOOD PUFF

Serves 6

10 ounces frozen shrimp
3 eggs, separated
1 tablespoon all-purpose flour
Pinch of ground nutmeg
1 cup mayonnaise
1 tablespoon butter or margarine, softened
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup plus 1 tablespoon grated Parmesan cheese

Cook seafood according to package directions; drain well. Beat egg yolks; add flour, mixing well. Stir in nutmeg, mayonnaise, butter, salt, pepper, and Parmesan. Add seafood, mixing lightly.

Beat egg whites at room temperature until stiff but not dry; gently fold into seafood mixture. Pour into a lightly buttered 9-inch-square baking dish. Bake at 350° for 30 minutes. Cut into squares to serve.

Delicious with lobster and crabmeat. Especially good with crabmeat, and we are so close to the crabmeat capital of the world!

Caroline Detjen, Wilmington, Del.
### SCALLOPS

**Serves 6**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 pound scallops</td>
<td>1</td>
</tr>
<tr>
<td>¼ cup all-purpose flour</td>
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</tr>
<tr>
<td>2 tablespoons butter or</td>
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<tr>
<td>margarine</td>
<td>1</td>
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<tr>
<td>2 tablespoons olive oil</td>
<td>1</td>
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<tr>
<td>1 tomato, coarsely diced</td>
<td>1</td>
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<tr>
<td>1 tablespoon parsley flakes</td>
<td>1</td>
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<tr>
<td>1 tablespoon lemon juice</td>
<td>1</td>
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<tr>
<td>¼ teaspoon garlic powder</td>
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Cut scallops in half, dust with flour, sauté in oil until golden brown. Add tomato, parsley, lemon, and garlic. Cook until tomato is heated and scallops are tender. Serve with lemon wedge.

The house which has become the Corner Cupboard Inn was built in 1926 by James Hall Anderson, a former lieutenant governor of Delaware. It became an inn some time around 1934 and has continued as such to the present day.

The Corner Cupboard Inn, Rehoboth Beach, Del.
SHRIMP AND CRABMEAT CASSEROLE

Serves 12

2 9¾-ounce cans frozen shrimp soup
2 tablespoons mayonnaise
1 teaspoon Worcestershire sauce
1 large green pepper, diced
1 stalk celery, diced
1 medium onion, diced
1 cup potato chips, crumbled
10-ounce package frozen crabmeat, drained and cleaned
1 pound shrimp, cooked
8- to 10-ounce can chop suey vegetables, drained

Preheat oven to 375°. Thaw soup and mix with mayonnaise and Worcestershire sauce. Add pepper, celery, and onion. Mix together ½ cup crumbled potato chips and crabmeat. To this mixture add cooked shrimp and Chinese vegetables. Combine all thoroughly and pour into 9- by 13-inch baking dish. Top with remaining ½ cup crumbled potato chips. Bake for 45 minutes.

Serve over rice or Chinese noodles.

"A succulent combination of crab and shrimp."

Marilou Clifford
**SHRIMP CREOLE**

*Serves 4*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>⅔ cup vegetable oil</td>
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<tr>
<td>½ cup flour</td>
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<tr>
<td>1¾ cups thinly sliced scallions</td>
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<tr>
<td>⅓ cup chopped celery</td>
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<tr>
<td>1 cup chopped onion</td>
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<tr>
<td>½ cup chopped green pepper</td>
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<tr>
<td>4 teaspoons finely minced garlic</td>
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<tr>
<td>3 tablespoons finely minced fresh parsley</td>
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<tr>
<td>1-pound can tomatoes, drained</td>
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<tr>
<td>8-ounce can tomato sauce</td>
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<tr>
<td>1 tablespoon minced chives</td>
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<tr>
<td>4 tablespoons dry red wine</td>
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<tr>
<td>4 whole bay leaves, crushed</td>
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<tr>
<td>6 whole allspice or 2 teaspoons crushed allspice</td>
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<tr>
<td>2 whole cloves</td>
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<tr>
<td>2 teaspoons salt</td>
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<tr>
<td>⅔ teaspoon black pepper</td>
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<tr>
<td>½ teaspoon cayenne pepper</td>
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<td>¼ teaspoon chili powder</td>
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<td>¼ teaspoon mace</td>
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<tr>
<td>¼ teaspoon dried basil</td>
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<tr>
<td>½ teaspoon dried thyme</td>
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<tr>
<td>4 teaspoons lemon juice</td>
<td></td>
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<tr>
<td>2 cups water</td>
<td></td>
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<tr>
<td>2 pounds whole fresh shrimp, peeled and deveined</td>
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</table>

In a heavy 6 to 8 quart pot, heat the oil, gradually add the flour, stirring constantly. Cook over low heat, stirring constantly until a medium brown roux is formed. Remove from heat and add the fresh vegetables and parsley. Mix well with the roux, return to low heat and cook, stirring constantly. When the vegetables begin to brown, mix in tomatoes and tomato sauce. Add the remaining ingredients, except the shrimp, and mix well. When the mixture begins to boil, reduce heat and simmer for 45 minutes. Add the shrimp, bring to boil again, cover, reduce heat, and simmer for 20 minutes. Allow to stand, covered, at room temperature about 10 minutes before serving.

Hint: it is best to get all the ingredients measured and chopped prior to beginning cooking. Recipe can be easily doubled.

A delightful, different dish.

MRS. RUSSELL W. PETERSON’S “SEAFORD” SHRIMP

Serves 4

4 cups cooked shrimp, fresh (about 2 pounds)
4 tablespoons lemon juice
1 teaspoon salt
1 teaspoon paprika
1 teaspoon dry mustard
1/2 cup butter

4 tablespoons flour
1/4 teaspoon white pepper
2 cups half and half or light cream
1 tablespoon sherry
1 1/2 cups coarse buttered bread crumbs

Preheat oven to 350°. Mix shrimp, lemon juice, salt, paprika, and mustard. Let stand, covered, in refrigerator several hours to blend flavors. Melt butter. Remove from heat, blend in flour, salt, and pepper. Gradually stir in cream, mixing until smooth and well blended. Add sherry. Cook over low heat, stirring constantly until thickened and smooth. Add shrimp, pour into buttered 9- by 13-inch casserole. Cover with bread crumbs. Bake for 30 to 35 minutes, or until top is golden brown and sauce bubbles.

Because this is so rich, I like to serve it over melba toast rather than rice.

Lillian T. Peterson, Delaware’s First Lady, 1973–1977
SESAME SHRIMP AND ASPARAGUS

Serves 6

1 1/2 pounds asparagus  1/3 cup vegetable oil
2 small onions  4 teaspoons soy sauce
1 1/2 pounds shrimp  1 1/4 teaspoons salt
1 tablespoon sesame seeds

Diagonally cut asparagus into 2-inch pieces. Slice onions; shell and devein shrimp. In 10- to 12-inch skillet (or wok), toast sesame seeds over medium heat until golden, stirring and shaking pan occasionally. Remove seeds and set aside. Heat oil in same pan to medium high heat. Cook asparagus, onions, and shrimp until shrimp are pink and vegetables are tender crisp; about 5 minutes. Stir in sesame seeds, soy sauce, and salt until just mixed.

This delicious recipe was given to me by Kathy Deckard.
Mary Fifer Fennemore, Wyoming, Del.

CRABMEAT DRESSING

Serves 4 to 5

6 1/2-ounce can crabmeat  1/4 cup chopped parsley
2 eggs, beaten  1/4 cup fine corn bread crumbs
2 tablespoons melted butter  1 slice white bread, crumbled
1/2 small onion, diced  1/2 teaspoon Worcestershire sauce
1/4 medium green pepper, diced  1/4 teaspoon dry mustard
1/2 cup diced celery  Salt and pepper

Mix all ingredients and put in shallow baking pan. Bake at 400° about 25 minutes. Cut in squares and serve.

Can also be stuffed in fish, which can be baked or fried.
Ruth Harris, Georgetown, Del.
PAN-FRIED TROUT WRAPPED IN BACON

Serves 4

4 whole trout (about ½ pound each) cleaned and washed
Salt
Freshly ground black pepper
Milk
Flour
2 tablespoons olive oil

¼ cup butter
8 slices thick-sliced bacon
4 lemon wedges
½ cup softened butter
4 tablespoons parsley, finely chopped
Lemon juice

Dry trout thoroughly both inside and out. Season generously with salt and pepper. Dip trout in milk. Shake off excess, then coat with flour, patting it on gently so it sticks to the skin.

Melt 1 tablespoon of the oil and 2 tablespoons of butter in each of two skillets. When hot and sizzling, place two trout in each pan. Cook over moderate heat for 8 to 10 minutes, turning trout carefully with a spatula after 4 minutes.

Transfer trout to baking sheet. Remove skins and cover fish with strips of bacon, cut to fit. Broil until bacon is browned and heated through.

Make parsley butter by combining butter with parsley, blending well. Season generously with lemon juice, salt, and pepper. Chill until firm.

Garnish cooked fish with lemon wedges and serve with parsley butter.

Helen Weeks, Northfield, N.J.
WARREN’S STATION CRABCAKES

Serves about 40

10 pounds fresh crabmeat
5 cups mayonnaise
1 cup mustard
2 tablespoons pepper
1 tablespoon spicy seafood seasoning
3 ounces Worcestershire sauce
1 tablespoon MSG
20 slices stale bread
20 eggs
1 pound butter, melted
Oil
Dry bread crumbs

Cube bread. Mix all ingredients together, except crabmeat and bread, in extra large bowl. Add crabmeat and bread cubes with dry bread crumbs and form into patties. Fry in hot grease until dark brown or bake in oven at 350° for 15 minutes.

A favorite of those who dine at Warren’s Station.

Jeff Mumford, Fenwick Island, Del.
SEAFOOD SAUCES

COCKTAIL SAUCE

$\frac{1}{4}$ tablespoon seafood seasoning
1 tablespoon lemon juice
$\frac{1}{2}$ tablespoon salt
$\frac{1}{2}$ cup catsup
$\frac{1}{4}$ cup chili sauce

Mix well and serve with any seafood.
Great to top crab and shrimp.

TARTARE SAUCE

1 cup mayonnaise
1 tablespoon minced pickles
1 tablespoon minced parsley
1 tablespoon minced onion
1 tablespoon minced capers

Mix ingredients thoroughly and serve cold.

George W. Taylor, Sun City, Cal., formerly Sussex County, Del.
EASY ASPARAGUS CASSEROLE
Serves 6 to 8

8½-ounce can green asparagus
8½-ounce can of peas
4 hard-boiled eggs, sliced
½ cup slivered blanched almonds

10¾-ounce can cream of mushroom soup
¼ cup milk
12 cheese crackers, crushed

Put first 4 ingredients in 2-quart casserole in layers. Heat soup and milk and pour over ingredients in casserole. Put crushed crackers on top. Bake at 300° for about 1 hour.

Asparagus, originally called sparrow grass, was first brought to America from Holland in 1786.

Vera Davis, Delaware State senator, 1948-1952
HONEY BAKED BEANS

Serves 6 to 8

2 cups navy beans  
¼ pound salt pork  
½ cup honey  
1 teaspoon salt  

1 teaspoon dry mustard  
1 teaspoon ginger  
1 tablespoon finely chopped onion

Soak washed navy beans in water overnight. Cover with fresh water and simmer until tender. Save this water. Cut salt pork in half, placing half of pork in bottom of bean pot. Add beans, cover with water drained from beans, and add the remaining ingredients. Stir. Add remaining salt pork to top of beans. Cover and bake 6 hours. Uncover bean pot during last hour. Add more water if needed.

My husband raised bees for a hobby and we usually cooked with honey for that reason.

Martha Wooster Rogers, Greene, N. Y.
JIM’S BAKED BEANS

Serves 6 to 10

\[
\begin{align*}
\frac{1}{2} \text{ cup dark brown sugar, packed} & \quad 15\frac{3}{4}-\text{ounce can kidney beans} \\
\text{Catsup} & \quad 15\frac{3}{4}-\text{ounce can pork and beans} \\
1 \text{ teaspoon crazy or seasoned salt} & \quad \text{or vegetarian beans} \\
\frac{1}{2} \text{ medium onion, chopped fine} & \quad 16-\text{ounce can pinto beans or} \\
1 \text{ to 2 teaspoons yellow prepared mustard} & \quad 15-\text{ounce can navy beans} \\
\end{align*}
\]

Bacon

Mix together brown sugar and catsup to make a thick puree. Stir in salt, onion, and mustard. Let stand 5 to 10 minutes.

Drain the canned beans, wash and redrain them. Note total weight and adjust sauce measurements accordingly. Stir in sauce. Either put in a Crockpot and cook for 8 hours on Slow, or place in a casserole and bake at 300° for 8 hours, adding water occasionally to keep beans moist.

In a skillet, brown enough bacon strips to cover the top of the casserole; bacon should be light brown, but not crisp. Drain bacon. One half hour before beans are cooked, place browned bacon on top of beans and finish cooking.

Jim Johnson, Seneca, S. C., formerly of Claymont, Del.
CUBAN BLACK BEANS  
(Frijoles Negros)

Serves 6

1 pound black beans  
1 large onion  
1 large green pepper  
4 bay leaves  
½ cup olive oil  
1 teaspoon garlic powder  
2 teaspoons oregano  
2 teaspoons cumin  
2 to 3 tablespoons catsup  
Dash of salt


Note: soak up black bean spills right away. The liquid stains—especially if it spills on Formica.

Vary quantities according to number of guests to be served. Be generous, all will be eaten.

JoAnn Swafford, Wilmington, Del.

RED CABBAGE

Serves 10

2 medium heads red cabbage  
5 to 6 tablespoons butter  
3 tablespoons plus 2 teaspoons black currant preserves, pureed  
4 tablespoons red wine

Slice five center slices from each cabbage, ¼- to ½ inch thick. Sauté in hot butter about 3 minutes, until barely soft, so cabbage slices keep their shape. Stir in preserves and wine to glaze cabbage.

A Swedish accompaniment to Pickled Duck with Mustard Sauce.

Countess Ulla Wachmeister, Washington, D. C.
SKILLET CABBAGE

Serves 4

4 cups shredded cabbage  ¼ cup bacon fat
1 green pepper, cut in strips 2 teaspoons sugar
2 cups diced celery 1 teaspoon seasoned salt
2 large onions, thinly sliced Pepper to taste
2 tomatoes, chopped

Combine all ingredients in skillet. Cover. Cook 15 minutes over medium heat (or longer).

Serve for lunch with rye bread. A family favorite for years.

Linda Alford, Barbourville, Ky.

UKRAINIAN NOODLES AND CABBAGE

Serves 4

2 cups cooked egg noodles ½ small onion, chopped
1 tablespoon melted butter 2 tablespoons butter
¼ cup grated Cheddar cheese Salt and pepper
¼ teaspoon salt ¼ cup buttered bread crumbs
2 cups shredded cabbage

Combine the cooked noodles with the butter, cheese, and salt. Cook cabbage briefly with onion in the butter until wilted but crisp. Season to taste with salt and pepper. Arrange the noodles and cabbage in alternate layers in a baking dish. Top with buttered bread crumbs. Bake at 350° for 30 to 35 minutes.

Sophie Szotkiewicz, Wilmington, Del.
HOLIDAY BAKED CORN

Serves 4

1 cup dried sweet corn  
3 cups cold milk  
2 tablespoons butter, melted  
1 teaspoon salt  
2 tablespoons sugar  
2 eggs, well beaten

Grind dried corn in blender or food chopper. Add remaining ingredients thoroughly. Bake in buttered casserole at 375° for 50 minutes.

Mary Cartwright
BLACK-EYED PEAS FOR NEW YEAR’S DAY

Serves 4

1-pound package black-eyed peas
¼ pound salt pork (trim off rind)
1 onion, cut up or chopped

2 small potatoes, diced
½ stick margarine or 4 tablespoons solid vegetable shortening

Put 5 or 6 slices salt pork in pan and wash it. Put it in a pan and cook.

Place the peas in a pot and wash them. Cover with cold water. Bring to a boil and cook for 10 minutes, turn the fire off and let stand with the lid on for about 30 minutes. Drain. Add the peas to the fat meat and add onion. Cook at least 1 hour or until done.

Add potatoes (and spoon dumplings, if desired). If stock isn’t rich enough, add ½ stick of margarine or vegetable shortening.

Variation: You can add shoepeg white corn to mixture the last 10 minutes of cooking or substitute the fat meat with ham. This recipe is good served with good ole Delaware biscuits made from scratch, or Sussex County corn bread!

It is a tradition in Sussex County that if you eat black-eyed peas on New Year’s Day, you’ll have good luck all year. Black-eyed peas are served on almost every table in the area in some way at this time of the year.

Elizabeth P. Ruff, Blades, Del.
RICE PILAF

Serves 6

1 green pepper, diced
1 onion, diced
½ pound butter
1 cup rice (regular)

Dash oregano
2 cups water
4 chicken bouillon cubes

Sauté pepper and onion in butter. Add rice and brown slightly. Add oregano, water, and chicken bouillon cubes. Cover. Steam for 20 minutes until rice is cooked.

Kathleen DiBonventura, Claymont, Del.

POTATOES DELMONICO

Serves 4 to 6

¼ pound butter
3 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
1½ cups hot milk
¾ cup grated cheese (your selection)
4 hard-cooked eggs, sliced
4 cups potatoes, cooked, cooled, and sliced ¼-inch thick
Dash paprika

Melt butter, add flour and mix. Add seasonings and hot milk, a little at a time. Cook until smooth and thick; then simmer about 15 minutes. Blend ½ cup cheese into sauce. Add egg slices and potatoes. Pour into medium size, well-greased 9- by 13- by 2-inch oblong pan. Spread evenly. Sprinkle top lightly with additional ¼ cup cheese and a dash of paprika. Bake at 400° about 30 minutes. Then place under broiler until top is brown.

Serve with meat, fowl, or seafood. This is very good and substantial for a light luncheon or supper dish with a salad.

Peggy Roppolo, Chicago, Ill.
HASH BROWN POTATO CASSEROLE  

Serves 8 to 10

32-ounce package frozen hash brown or shoestring potatoes
½ cup melted butter or margarine
10¾-ounce can undiluted cream of chicken soup
12 ounces American cheese, grated
8-ounce container sour cream
1 onion, chopped
2 cups crushed cornflakes
½ cup melted butter or margarine

Preheat oven to 350°. Place frozen potatoes in 9- by 13-inch baking dish and allow to thaw. Mix together ½ cup melted butter, soup, cheese, sour cream, and onion, and spread over potatoes. Top with crushed cornflakes and drizzle with ½ cup melted butter or margarine. Bake uncovered for 40 to 45 minutes.

So nice for a covered dish luncheon.

Mildred Furgele, Lakeville, Pa.

OVEN FRIED POTATOES  

Serves 8

½ cup vegetable oil
2 tablespoons grated Parmesan cheese
1 teaspoon salt
½ teaspoon garlic powder
½ teaspoon paprika

¼ teaspoon coarsely ground black pepper
8 large unpeeled potatoes, cut into 8 wedges (Idaho or Russet)

Combine oil, cheese, salt, and seasonings. Coat a cookie sheet with small amount of this mixture. Arrange potatoes, skin side down, on cookie sheet. Brush with remainder of mixture. Bake at 375° for 45 minutes, basting occasionally.

Leftovers are great for breakfast.

Mary Jane Richter, Dover, Del.
GLORIFIED SWEET POTATOES

Serves 14 to 16

4 cups mashed sweet potatoes (canned or cooked fresh) 1/2 cup whiskey or 1 teaspoon vanilla
1 cup sugar 1/2 teaspoon salt
1/2 cup milk 1/2 teaspoon cinnamon
3/4 cup butter, melted 1/2 teaspoon nutmeg
4 eggs, well beaten Marshmallows

Place sweet potatoes in mixer bowl. Add sugar, milk, butter, and eggs. Mix, then add remaining ingredients and blend well. Spoon mixture into well-greased 2-quart casserole and bake at 300° for 30 minutes. Cover top of casserole with marshmallows, continue baking until marshmallows are browned and partially melted. Recipe may be prepared a day ahead and refrigerated until baking.

Ruth Grandel, Claymont, Del.

PEACH SWEET POTATO PUFFS

Serves 8

2 cups cooked or canned sweet potatoes, mashed 2 tablespoons butter
1 teaspoon lemon juice 2 tablespoons orange marmalade (optional)
2 tablespoons brown sugar Dash of ground cloves
1/4 teaspoon salt 8 canned peach halves

Mix together sweet potatoes, lemon juice, sugar, salt, butter, marmalade, and cloves. Whip until fluffy. Arrange peaches flat side up in greased 10- by 6- by 2-inch pan. Fill peaches with sweet potato mixture. Dot with additional butter. Bake in preheated 400° oven for 20 minutes.

Great served as a separate dish as an accompaniment to roasts, ham, or turkey. Sometimes I arrange the filled peaches around the platter the meat is served on.

Donna Campbell, Newark, Del.
SPANAKOPATA
(Spinach Pie)

Serves 12

2 (10 ounce) packages fresh spinach
½ pound feta cheese, crumbled
½ pound cottage cheese
6 eggs, beaten
¾ pound butter, melted
Salt and white pepper
¾ pound phyllo sheets

Clean spinach and place in large bowl. Add feta cheese, cottage cheese, eggs and seasonings, and mix thoroughly. Grease a 9- by 13-inch pan. Brush each of eight phyllo sheets with melted butter and place into the pan. Spread spinach mixture evenly and cover with eight more individually buttered phyllo sheets. Cover with brown paper. Bake at 350° for one hour until golden brown. Cut into diamond shapes and squares and serve hot. May be cut small for appetizer or larger for entree.

Mrs. Maurice Cannon, Bethel, Del.

CREAMED SPINACH

Serves 12

5 ounces salt pork, finely chopped
4 tablespoons bacon drippings
8 tablespoons onion, chopped
5 pounds frozen spinach chopped
Salt and pepper
½ cup light cream
2 teaspoons cornstarch

In a frying pan sauté salt pork until browned. In another pan sauté onions in bacon drippings. Cook and drain spinach. Add onions and salt pork. Heat cream over low heat. Sprinkle with cornstarch; stir until sauce thickens. Pour sauce over spinach.

Note: 2 bunches fresh spinach equal approximately 2 packages (12 ounces each) of frozen spinach.

Dinner Bell Inn, Dover, Del.
SPINACH PIE

Yield: 1 pie

10-ounce box frozen spinach, chopped
1 or 2 tablespoons butter or margarine
Salt and pepper

8 ounces American cheese (mild or sharp), grated
Pie crust to cover
1 egg, beaten
Butter

Preheat oven to 350°. Cook spinach according to directions, slightly undercooked. Drain cooked spinach thoroughly (must be dry). Season to taste with butter, salt, and pepper. Grease 8- by 9-inch square or 9- by 13-inch oblong casserole. Spread cooked spinach even in casserole. Sprinkle grated cheese over chopped spinach. Cover spinach and cheese mixture with pie crust, rolled thick. Brush crust with beaten egg and butter. Bake until crust is golden brown.

This is one of the delicious dishes served by the Dietetic Division to the staff of the Wilmington Medical Center, Wilmington Division.

Georgiean George, Wilmington Medical Center
BELLE'S SQUASH CASSEROLE

Serves 8

2 pounds yellow squash, sliced
1 small onion, chopped
½ green pepper, chopped
⅔ cup butter
2 eggs, slightly beaten
½ cup milk

½ cup grated sharp Cheddar cheese
1 teaspoon sugar
6 crackers, crumbled
Salt and pepper to taste

Cook squash in salted water until tender. Drain and set aside. Sauté onion and green pepper in butter till tender. Add to cooked squash; add eggs, milk, cheese, sugar, and ⅔ of the crushed crackers. Season with salt and pepper. Spoon into buttered casserole; top with additional crushed crackers. Bake at 325° for 1 hour.

Can be frozen before baking.

Elizabeth Young, Newark, Del.
SOUR CREAM PATTY PAN

Serves 4

2 pounds fresh Patty Pan squash or your favorite summer squash
4 tablespoons butter
2 tablespoons water
½ teaspoon basil, fresh if possible
1 garlic clove, mashed
Salt and pepper to taste
1 tablespoon flour
1 cup sour cream

Trim ends of washed squash. Shred coarsely, using largest holes of your grater. (You should have about 8 cups.) In a frying pan with tight-fitting lid, combine butter, water, basil, garlic, salt, and pepper. Over high heat, add the squash, mix in; then cover and cook until squash is just tender (about 5 minutes). If necessary, remove cover for the final 2 minutes, so that nearly all liquid is evaporated. Add flour, stirring in well; bring to boil. Remove pan from heat, add the sour cream, mix well and serve.

Patty Pan is a white flat squash that makes a perfect summer side dish and a favorite of the men folk.

Bernice Coulsting, Wilmington, Del.
DELAWARE SUCCOTASH

Serves 6

2 thin slices salt pork
Water
1 pint shelled (2 pounds unshelled) lima beans (or 1 package, 2 cups yield, frozen, thawed lima beans)
8 ears corn (or 1 package, 2 cups yield, frozen, thawed corn)

1 large ripe tomato, sliced and cubed
1 teaspoon salt
¼ teaspoon pepper
Dash of nutmeg

Lay slices of salt pork in bottom of a 4- to 6-quart saucepan and cover with lima beans. Add enough water to cover, and cook over a low heat until the beans are tender. Cut the kernels from fresh corn and combine with beans, tomato, and seasonings. Cover and continue cooking over a low heat for 10 to 15 minutes. Stir frequently to prevent scorching.

Originally, succotash—or misickquatash, as the Narragansett Indians called it—was made of corn and kidney beans, and cooked in bear grease. One of the early settlers wrote of misickquatash, “In winter (the Indians) esteem their Corne being boyled with Beanes for a rare dish.”

The American Heritage Cookbook

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DELAWARE FRIED TOMATOES
AND MILK GRAVY

Serves 4

3 Delaware tomatoes, hard ripe
Flour
Salt and pepper
Bacon

2 tablespoons bacon fat
Sugar
2 tablespoons flour
1½ cups milk

Slice tomatoes ½ inch thick. Roll them in flour, salt, and pepper.

Fry several strips of bacon until crisp. Remove bacon and drain. Pour out most of bacon fat and reserve. Fry the tomatoes in some of the fat until brown. Sprinkle sugar on tomatoes to suit taste.

Put 2 tablespoons bacon fat in the pan. Add 2 tablespoons flour; blend. Then add milk; add salt, pepper, and sugar to taste. Crumble in bacon slices. Pour over tomatoes and serve.

Delaware Council of Farm Organizations

RIPE THANKSGIVING TOMATOES

Pick as many tomatoes as desired while still green, having them free from blemish. Wrap each one in tissue paper by itself, and arrange on a dry board in a cool place. They will ripen so gradually that they will be ready for slicing for Thanksgiving. It is better to gather tomatoes in late September or early October.

Taken from a 1927 newspaper.
THREE DAY CASSEROLE

Serves 4

1 pound green peppers, chopped
1 stalk celery, chopped
1 pound onions, coarsely sliced
2-ounce bottle green olives stuffed with pimento
1 pound fresh mushrooms (or 6-ounce can)
1 garlic clove
1 pound ground beef, lean

½ pound butter, or ¼ pound each margarine and butter
10¾-ounce can tomato soup (undiluted)
12-ounce can tomato mushroom sauce
1-pound package ½-inch wide noodles
½ pound American cheddar cheese, grated

Fry peppers, celery, onions, olives, mushrooms, garlic, and beef each separately in order given in the ½ pound of butter. Do not overcook.

Cook noodles according to package directions and drain. Add fried ingredients, sauce, and soup to noodles. Cook and stir mixture for 3 minutes. Place in casserole and, when cool, top with grated cheese.

Cover and refrigerate for 3 days before cooking. Casserole may be frozen after being refrigerated for 3 days. Heat at 325° in a covered casserole dish about 1 hour. Remove cover for last 15 minutes.

Lib Andrews, Laconia, N.H.
SALTLESS SURPRISE

2 teaspoons garlic powder 1 teaspoon dried oregano
1 teaspoon dried basil 1 teaspoon powdered lemon rind
1 teaspoon anise seed

Put ingredients into blender and mix well. Store in labeled glass container, and add rice to prevent caking.

PUNGENT SALT SUBSTITUTE

3 teaspoons fresh basil 2 teaspoons ground cumin seed
2 teaspoons fresh savory 2 teaspoons fresh sage
(summer savory is best) 1 teaspoon fresh lemon thyme
2 teaspoons celery seed 2 teaspoons fresh marjoram

Mix well and then powder with mortar and pestle.

These recipes can be placed in shakers and used instead of salt.

Suggestions from the U. S. Department of Health, submitted by Dr. Roger Rodrigue, Wilmington, Del.
DESSERTS

APPLE BROWN BETTY

Serves 6

3 cups flour
1 cup sugar
Melted butter
½ to 1 cup sugar
¼ teaspoon cinnamon
¼ teaspoon nutmeg

¼ teaspoon salt
3 cups sliced or chopped apples
¼ cup water
Juice and grated rind of 1 lemon
3 tablespoons butter

To make a crumb mixture, combine flour, 1 cup sugar, and enough melted butter to moisten.

Preheat oven to 350°. Mix sugar, spices, and salt. If apples are very tart, use additional sugar up to 1 cup. Grease a 1½-quart casserole. Put in a third of the crumbs, half of the apples. Sprinkle half of the sugar mixture. Repeat.

Mix water, lemon juice, and rind; pour over contents of casserole. Put remaining crumbs on top and dot with butter. Cover and bake for 1¾ hours.

Rhubarb, peaches, pineapple, bananas, or cherries may be used instead of apples.

Rose Messick, The Governor's House, Dover, Del.
CHOCOLATE MOUSSE

Serves 10

½ pound semisweet chocolate
2 tablespoons butter
10 tablespoons sugar

10 eggs, separated
Heavy cream, whipped
Fresh strawberries, sliced

Melt chocolate in double boiler. Add butter. After butter is melted, remove from heat. Add sugar and mix well until smooth. Add 10 egg yolks to mixture and beat well. Beat egg whites until stiff. Fold in egg whites. Pour into compote and refrigerate overnight. Serve with whipped cream and fresh sliced strawberries.

Compliments of Winterthur Archives
### CHOCOLATE SOUFFLÉ

*Serves 12*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 envelopes unflavored gelatin</td>
<td></td>
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<tr>
<td>2 3/4 cups milk</td>
<td></td>
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<tr>
<td>1 cup canned chocolate syrup</td>
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<tr>
<td>6 egg yolks</td>
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<tr>
<td>3 tablespoons butter</td>
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<tr>
<td>1 1/2 teaspoons vanilla</td>
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<tr>
<td>1/4 teaspoon cream of tartar</td>
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<td>6 egg whites</td>
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<tr>
<td>3/4 cup superfine sugar</td>
<td></td>
</tr>
<tr>
<td>2 1/2 cups heavy cream</td>
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</table>

Sprinkle gelatin over 1/2 cup milk; let stand 3 to 4 minutes to soften. In a saucepan combine 1 3/4 cups milk and gelatin mixture; add chocolate syrup and slightly beaten egg yolks. Place over moderate heat and stir constantly until it just reaches boiling point. Remove from heat. Stir in butter and vanilla. Let cool. Cover and chill in refrigerator until just stiff enough to mound when dropped from a spoon.

Meanwhile, make a meringue. Sprinkle cream of tartar over egg whites in mixing bowl; beat to a froth, then add and beat in sugar by tablespoonfuls until mixture is stiff enough to hold its shape when dropped. Pour chilled chocolate mixture into mixing bowl and beat until smooth; fold in meringue, blending well. Whip 1 1/2 cups heavy cream. Carefully fold in whipped cream. Pour mixture into 1-quart souffle (or other straight-sided dish) around which you have pinned a 2-inch foil collar. Chill for several hours or overnight. Remove collar to serve. Whip remaining cup of heavy cream. Serve soufflé with whipped cream garnish.

Don’t be afraid to try your hand at soufflés. They’re not “as easy as pie.” They’re much easier—no crust to roll.

Louisa Martin
CRUNCHY CUSTARD

Serves 6

\[
\begin{array}{ll}
\frac{3}{4} \text{ cup grape-nuts cereal} & \quad \frac{1}{4} \text{ cup raisins (optional)} \\
\frac{1}{4} \text{ cup salted butter} & \quad 1 \text{ teaspoon vanilla} \\
\frac{1}{2} \text{ cup sugar} & \quad \frac{1}{8} \text{ teaspoon nutmeg} \\
3 \text{ eggs, well beaten} & \quad \frac{1}{8} \text{ teaspoon salt} \\
2 \text{ cups milk} & \\
\end{array}
\]

Preheat oven to 375°. Mix cereal with butter. Blend sugar into eggs; add cereal mixture and remaining ingredients. Mix well. Pour into 1-quart baking dish; place in pan of hot water. Bake for 30 minutes, stir well. Bake about 10 to 15 minutes longer, or until knife inserted 1 inch from center comes out clean. Serve warm or cooled.

Catherine Downing, Milford, Del.
CHRISTMAS PUDDING

Yield: 1 pudding (1 quart)

1 cup bread crumbs
1 cup grated beef suet
1 cup flour
1 heaping teaspoon baking powder
1 1/2 cups diced citron
1 1/2 cups raisins

1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1 teaspoon salt
1 teaspoon baking soda
1 cup molasses
1 cup milk
2 eggs, beaten

Combine bread crumbs, suet, flour, baking powder, citrons, raisins, spices, and salt. Beat baking soda into molasses. Add egg and milk. Pour liquid into dry ingredients and mix well. Butter a 1-quart mold. Spoon pudding into mold. Put covered mold on a rack in a pan of boiling water and steam for 4 hours. To reheat, steam again 2 hours.

SAUCE

1 egg
1 pound confectioner’s sugar
1/4 pound butter

1/2 cup brandy or to taste
1 pint heavy cream

In a bowl or the top pan of a double boiler, beat egg and mix in sugar. Be sure all egg is absorbed. Add butter cut in pieces and cook over boiling water until butter melts. Stir constantly for about 10 minutes. This may be made a day or so ahead. When ready to use, add brandy to taste, mixing well. Whip cream. Blend sauce into whipped cream.

This is a favorite recipe of the Cannon family. It can be made well ahead of use and put in the refrigerator.

Submitted by the descendants of Delaware’s forty-first governor, William Cannon, 1863-1865

C. L. Cannon, Bridgeville, Del.
HOMEMADE BANANA ICE CREAM

Yield: 1½ gallons

2 tablespoons flour
2 cups sugar
½ teaspoon salt
2 eggs
4 cups scalded milk

2 quarts half and half
2 tablespoons vanilla
8 bananas (other fruits may be used)

Mix flour, sugar, and salt; add eggs, slightly beaten, and milk. Gradually cook over hot water in a double boiler for 10 minutes, stirring constantly. Should custard have curdled appearance, it will disappear in freezing. Let cool. Add cream and flavoring. Mash bananas and stir in.

For a sensational, old-fashioned social, freeze ice cream in hand-turned freezer. (Use small chips of ice packed in layers with rock salt. Turn slowly and pour off water as ice melts. Handle will gradually become harder to turn. Remove ice cream container, cover, and let stand briefly.) Serve to delighted guests!

Much love and fellowship is built into the process of making ice cream in a hand-turned ice cream maker.

J. Christine Held, Hockessin, Del.
**ICE CREAMY CAKE**

*Yield: 1 cake*

- 1¼ cups all-purpose flour
- 1 cup chopped nuts
- ¼ pound margarine
- 16-ounce container whipped topping
- 8-ounce package cream cheese
- 1 cup confectioner’s sugar
- 3-ounce box instant vanilla pudding
- 3-ounce box instant chocolate pudding

Preheat oven to 375°. Combine flour, nuts, and margarine and spread in a 9- by 13- by 2-inch oblong pan. Bake 20 minutes.

Blend together ½ of the whipped topping, the cream cheese, and sugar. Spread over nut mixture. Prepare instant puddings according to package directions. Spread in layers over the whipped topping. Top with remaining whipped topping. Garnish with additional chopped nuts, if desired. Store in refrigerator. Tastes just like ice cream.

Peg Evans, New Castle, Del.

**LADYFINGER DESSERT**

*Yield: 8-inch cake*

- 2 packages ladyfingers
- 12-ounce bag chocolate chips
- 2 tablespoons sugar
- 1 teaspoon water
- 2 eggs, separated
- 1 teaspoon vanilla

Line an 8- by 8-inch pan with half of the lady fingers. Melt chocolate chips. Add vanilla, sugar, water, and egg yolks. Make into a paste. Beat egg whites until stiff and fold into the chocolate paste. Pour onto ladyfingers, top with rest of ladyfingers and garnish with whipped cream.

Very easy and very good.

Barbara du Pont, Montchanin, Del.
PEACHY APPLE DUMPLIN'

Serves 6 to 8

6 to 8 medium-sized tart apples
Water
6 to 8 peaches
Lemon juice

¾ to 1¼ cups sugar
1 teaspoon vanilla
1 cup biscuit mix
½ cup milk

Pare apples and cut into chunks. Cook over low heat with enough water to keep apples from burning on bottom until a chunky applesauce is formed. Stir occasionally. Pare and slice peaches, sprinkle with ascorbic acid or lemon juice, and add to apples. Sweeten mixture to taste and add vanilla. Continue cooking at slow boil for 1 minute.

Mix with a fork the biscuit mix and milk. Spoon dough onto boiling fruit. Cook uncovered over low heat for 5 to 10 minutes; cover and cook 5 to 10 minutes longer. Allow to cool slightly and serve with milk or cream.

Helen Fifer, Wyoming, Del.

BAKED PINEAPPLE

Serves 6

6 slices white bread, cubed
3 eggs, beaten
½ cup milk

20-ounce can crushed pineapple
¾ cup sugar
½ cup butter or margarine

Preheat oven to 375°. Mix all ingredients together. Bake in buttered 1½-quart casserole for about 1 hour.

Serve hot or as a cold dessert with a splash of whipped cream.
Also a good meat accompaniment.

Emilie Truman, Clifton Heights, Pa.
PINEAPPLE CREAM DESSERT

Serves 12

Approximately 1 cup crushed vanilla wafers 2 eggs
1½ cups confectioner's sugar 20-ounce can crushed pineapple, very well drained
¼ pound butter 1 cup heavy cream

Line a 7- by 11-inch or 8- by 10-inch pan with waxed paper. Cover paper with a layer of crushed vanilla wafers.

Cream sugar, butter, and eggs. Spread on crushed wafers. Cover with layer of pineapple. Whip the heavy cream, sweetening to taste. Last, spread with layer of whipped cream. Cover with plastic wrap and chill in refrigerator 24 hours.

A make-ahead dessert to chill until time to serve your guests. Delightful on a hot summer day.

Mrs. Norris Kirchner, Bethel, Del.
PLUM PUDDING

Serves 12 to 14

1 cup raisins  
1 cup currants (or omit currants and use 2 cups raisins)  
1 cup molasses  
3½ cups milk  
4½ cups plus 1 tablespoon flour  
1 teaspoon baking soda  
1 tablespoon lard (or 1 heaping tablespoon shortening or margarine)  
1 cup sugar  
1 egg  
1 heaping tablespoon butter  
2 tablespoons cold water  
1 teaspoon vanilla

Combine the raisins, currants, molasses, 1½ cups of the milk, 4½ cups of the flour and the baking soda. Melt the lard or shortening and stir in. Pour into a greased mold and steam for 2 hours. Allow to cool before serving.

Make a sauce by beating together the sugar, egg, butter, the remaining tablespoon of flour, and the water. Scald the remaining 2 cups of milk in the top of a double boiler. Slowly add the sugar and egg mixture; stirring until thickened. Stir in vanilla. To serve, pour hot sauce over cold pudding. Note: sauce is also good poured over thinly sliced applesauce cake.

Mrs. F. F. Bradley, Seaford, Del.
ENGLISH TRIFLE—
The Real Thing

Serves 10 to 12

3 7- or 8-inch sponge cakes
6 macaroons
1 ounce ratafias (if unobtainable, use macaroons)
½ cup cooking sherry
3 tablespoons brandy
A little grated lemon rind
½ cup blanched slivered almonds

Strawberry jam
½ pint egg custard, freshly made
½ cup heavy cream
4 teaspoons sugar
1 egg white
1 teaspoon cooking sherry
Crystallized fruits, for garnish

Place sponge cakes, macaroons, and/or ratafias in an 8- or 9-inch glass dish. Mix sherry and brandy and pour over them. Over this, put the lemon rind, almonds, and a layer of jam. Make fresh custard or use packaged custard mix. When the custard is cool, pour it over the trifle.

Whisk together the heavy cream, sugar, and egg white, and sherry until the bulk is nearly doubled. The egg white lightens the cream. Heap the whipped mixture lightly over the trifle. Garnish with the crystallized fruits.

Graciously sent by Lady Wright, British Embassy, Washington, D. C.
WATERMELON POPSICLES

Yield: 36 small popsicles

3 cups watermelon juice  ¼ cup water
½ cup sugar               2 teaspoons fresh lemon juice

To make watermelon juice, cut watermelon into cubes and rub through a strainer to remove seeds. In small saucepan, mix together sugar and water; simmer 3 minutes. Remove from heat; stir in watermelon juice and lemon juice. Turn into two ice cube trays with dividers. Freeze until very mushy, then insert a popsicle stick in each cube. Freeze until solid.

Compliments of Mar-Del Watermelon Association

RICE PUDDING

Serves 4 to 6

½ cup uncooked rice, washed  1 heaping tablespoon butter
2 quarts milk                 2 teaspoons vanilla
1½ cups sugar                 Raisins (optional)

Preheat the oven to 400°. Put all except vanilla in pan on top of stove and cook on low fire until rice is practically done (approximately 1 hour). Stir occasionally. Pour into 3 or 4-quart casserole. Add vanilla and fold in raisins, if desired. Bake for about 10 minutes; stir. Do this 3 times. Take out after it has browned the fourth time. Don’t stir the last time.

Senator Richard S. and Mary Jane Cordrey, Millsboro, Del.
WUTTASHIMNEASH
(Strawberry Shortcake)

Serves 4 to 6

2 cups all-purpose flour 1 egg
4 teaspoons baking powder Milk
½ teaspoon salt 4 cups perfect strawberries
½ cup sugar plus 1 tablespoon Cream, plain or whipped
½ cup shortening

Preheat oven to 450°. Sift together flour, baking powder, salt, and 1 tablespoon sugar. Add shortening and work in with fingertips to make very fine crumbs. The finer the better. Break egg into measuring cup, stir with fork to mix, and add milk to make measure ¾ cup. Pour into crumbs and stir quickly with the fork.

Turn out on floured surface and knead for 1 minute and then pat it out to fit in a buttered 8-inch round cake pan. Place pan in oven and bake about 25 minutes until it tests done and is golden brown. Turn out carefully on a rack and let cool a little, then cut in half and butter each side.

Meanwhile, have the strawberries picked over. Set aside 8 or 10 big ones for garnishing and cut the others in half. Mix with the half cup of sugar in a saucepan. Place over the lowest possible heat. Do not actually cook the berries, but simply warm them.

At serving time, place half the shortcake on a serving platter, cover with warm berries. Top with the other half of cake and arrange reserved berries on top. Serve with plain or whipped cream or ice cream.

The Indians called these berries Wuttashimneash. They cultivated this berry and would bruise it with meal in a mortar to make strawberry bread.

Frances Blackwood, Philadelphia Evening Bulletin "1965"
PIES AND PASTRIES

So many pie recipes call for unbaked pie shells, baked pie shells, or frozen pie shells that we have included a sprinkling of homemade, easy to do, pie crust recipes. Pie-making success depends upon a tender, flaky crust. A pie is only as good as its pastry: the choice is yours.

PLAIN PASTRY

Yield: double crust for 9-inch pie

\[\begin{align*}
\frac{1}{2} \text{ cup lard} & \quad 2\frac{1}{2} \text{ cups flour} \\
\frac{1}{4} \text{ cup butter} & \quad \frac{1}{2} \text{ cup ice water} \\
\frac{3}{4} \text{ teaspoon salt} & \quad
\end{align*}\]

With a wire pastry blender or two knives cut lard and butter into salt and flour until mixture looks like coarse meal. Sprinkle with water, using enough to moisten. Gather into a ball with a fork. Divide dough in half and roll on lightly floured board to about \(\frac{1}{8}\)-inch thickness.

SWEET PASTRY

Yield: single crust for 9-inch pie

\[\begin{align*}
1 \text{ cup flour} & \quad 2 \text{ tablespoons sugar} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{1}{2} \text{ cup softened butter} \\
\end{align*}\]

Toss flour, salt, and sugar to mix. Add butter and work to a paste. Press paste against bottom and sides of a 9-inch pie plate. Great for open-faced fruit pies. If using for chiffon and other cooked fillings, chill, prick, and bake in a hot (400°) oven about 15 minutes, until golden brown, before filling.
NEVER-FAIL PIE CRUST

Yield: crust for two 9-inch pies

2 cups self-rising flour 2⅔ cup butter, softened ¼ cup water
1 egg yolk 2 teaspoons lemon juice

Place flour in a bowl; cut in butter until mixture resembles small crumbs. Combine egg yolk, water, and lemon juice; beat lightly. Sprinkle egg mixture over flour, stirring gently with a fork to combine. Mix just until a ball is formed. Divide dough in half. Roll out half of dough on floured surface to a circle that is 1½ inches larger than a 9-inch pie pan. Fix loosely into pie pan; add desired filling. Roll out remaining dough as above and place on top of filling. Seal edges by fluting.

CREAM CHEESE CRUST

Yield: crust for two 9-inch pies

2 cups flour 3 3-ounce packages cream cheese
Pinch of baking powder ½ cup butter
⅛ teaspoon salt ½ cup solid vegetable shortening

Sift flour, baking powder, and salt together. Add cream cheese, butter, and shortening. Cut with two knives or pastry blender until thoroughly blended; wrap in foil and refrigerate overnight. Roll to a little more than ⅛-inch thickness on a light floured board.
ZWIEBACK PIE CRUST

Yield: single crust for 8½-inch shell

1 package zwieback
½ cup butter, melted

½ cup sugar
2 teaspoons cinnamon

Roll zwieback with rolling pin until very fine. Reserve about 2 tablespoons and mix the rest with butter, sugar, and cinnamon. Butter pie plate and spread mixture on evenly to make a crust. Bake 15 minutes in preheated moderate oven (350°) before filling.

Very good filled with custard or used as crust for lemon meringue pie.

PECAN CRUST

Yield: single crust for 9-inch shell

2 cups ground pecans
(approximately ½ pound shelled)
½ cup sugar

3½ tablespoons unsalted butter, melted, cooled to room temperature

Mix pecans and sugar in medium bowl. Drizzle butter over nuts. Stir and toss vigorously with fork until nuts are uniformly moistened. Spoon into pie plate. Press mixture firmly against pie plate with back of spoon. Refrigerate 20 minutes.

Meanwhile heat oven to 350°. Bake crust for 13 to 15 minutes until edges are light brown. Cool.
**PAPER BAG APPLE PIE**

*Yield: 9-inch pie*

- 1 unbaked 9-inch pastry shell
- 4 large baking apples (about 2½ pounds)
- 1 cup sugar

**Ingredients**

- ½ cup plus 2 tablespoons flour
- ½ teaspoon cinnamon
- 2 tablespoons lemon juice
- ½ cup butter

Preheat oven to 425°. Make an unbaked pastry shell. Pare, core, and quarter apples, then halve each quarter to make chunks. Place in bowl. Combine ½ cup of sugar, 2 tablespoons of flour, and the cinnamon in a cup; sprinkle over apples, tossing to coat well. Spoon apples into pastry shell and sprinkle with lemon juice.

Combine ½ cup of sugar and ½ cup of flour in a small bowl, cut in the butter, and sprinkle over apples to cover top. Slide pie into a heavy brown paper bag, large enough to cover pie loosely. Fold open end over twice and fasten with paper clips; place on large cookie sheet for easy handling.

Bake for 1 hour (apples will be tender and top bubbly and golden). Split bag open; and cool pie on rack.

Thank the Pilgrims for mom's apple pie. They brought the apple seeds with them on the *Mayflower* and planted the first seeds in the colonies. This recipe captures the taste of America's heritage.

From *What's Cooking in Claymont, Delaware-1971*

Section a large orange and add the segments to your next apple pie. Bake as usual and enjoy the different flavor.
CHIPMUNK PIE

Serves 4 to 6

1 egg, well beaten
3/4 cup sugar, granulated white or brown
1/2 cup flour
1 teaspoon baking powder

1/4 teaspoon vanilla
Pinch of salt (1/8 teaspoon)
1 cup pared tart cooking apples, chopped
1/2 cup nuts, chopped

Preheat oven to 350°. Mix together in order given. Pour into a greased 8-inch pie pan and bake for 25 minutes.

This unique dessert is served often at our covered dish dinners at Bethany Church of the Brethren.

Celia Miller, Farmington, Del.
APPLE MINCE PIE

Yield: 10-inch pie

Pastry for 10-inch pie
¾ cup brown sugar
½ cup flour
5 cups peeled, sliced apples
2 cups mincemeat
8 peeled, cored apple rings
2 tablespoons butter

Preheat oven to 425°. Prepare pie shell. Combine sugar with flour, sprinkle 3 tablespoons over shell. Place sliced apples in layers in shell, sprinkling each layer with sugar-flour mixture, reserving 3 tablespoons.

Spread top with mincemeat, reserving ½ cup. Arrange apple rings on top. Fill apple centers with remaining mincemeat. Sprinkle with remaining sugar-flour mixture; dot with butter. Bake about 40 minutes.

Homemade pies take longer, taste better.

Toni Weidel, Claymont, Del.

JANE’S PUMPKIN PIE

Yield: 2 10-inch pies

Pastry for 2 pies
3 cups mashed pumpkin
1½ cups milk
5 eggs separated
¾ cup sugar
1⅛ teaspoon cinnamon
½ teaspoon cloves
⅜ teaspoon ginger
⅜ teaspoon nutmeg
1⅔ teaspoon salt

Mix pumpkin and milk together; add 5 yolks, beaten. Add sugar mixed with spices and salt. Mix well. Fold in stiffly beaten egg whites. Turn into prepared pie shells. Bake in 450° oven for 10 minutes; reduce heat to 375° and bake 20 minutes longer or until filling is firm.

Jane Taylor, Wilmington, Del.
**COLONIAL INNKEEPER’S PIE**

_Serves 8_

| 1½ squares unsweetened chocolate | ½ teaspoon salt |
| ½ cup water | ¼ cup soft shortening |
| ½ cup plus ¾ cup sugar | ½ cup milk |
| ¼ cup butter | 1 egg |
| 2 teaspoons vanilla | 1 unbaked pie shell with high rim |
| 1 cup sifted flour | ¼ cup chopped walnuts |
| 1 teaspoon baking powder |


Pour batter into 9-inch pie shell. Stir chocolate sauce and pour carefully over batter. Sprinkle top with nuts. Bake in a 350° oven for 55 to 60 minutes or until cake tester stuck in center comes out clean. Garnish with whipped cream.

Ruth Hoffman, Claymont, Del.
CRANBERRY PEACH PIE

Yield: 9-inch pie

¾ cup sugar
2 tablespoons flour
1 teaspoon grated lemon rind
½ teaspoon ground cinnamon
9-ounce box pie crust mix for
double crust
1 egg, well beaten

½ cup confectioner's sugar
2 teaspoons water
2 cans (about 1 pound each)
sliced cling peaches, drained
2 cups fresh cranberries, washed
and stemmed

Preheat oven to 400°. Mix all ingredients except peaches and cranberries. Add peaches and cranberries. Toss lightly to coat fruit. Prepare pie crust mix. Line 9-inch pie pan with crust. Spoon mixture into pastry shell. Cover with other pie crust. Cut several slits near center to let steam escape. Bake for 45 minutes.

This pie combines the tartness of cranberries with the sweetness of peaches—one of my favorites from home in New England. Also a Delaware 1972 Fair prize winner.

Pamela T. Nichols, Wilmington, Del.
CRANBERRY PIE TANGIER

Serves 6

2 cups fresh or frozen cranberries
½ cup sugar
½ cup chopped pecans
2 eggs
1 cup sugar

½ cup butter or margarine, melted
¼ cup shortening, melted
1 cup all-purpose flour
1 pint vanilla ice cream

Preheat oven to 325°. Grease well a 10-inch pie pan. Spread cranberries over the bottom. Sprinkle with sugar and pecans. Beat eggs well. Add sugar, butter, and shortening. Beat well and gradually add flour. Pour batter over cranberries. Bake for 60 minutes or until crust is golden brown.

Cut in wedges and serve either warm or cold with generous scoops of vanilla ice cream.

News Journal First Prize Winner, 1971

Nellie S. Collison, Newport, Del.
PIES AND PASTRIES

CREAMY EGGNOG PIE

Serves 6

1 cup uncooked quick oats
1/3 cup wheat germ (or unprocessed bran or finely chopped nuts)
1/4 cup butter or margarine, melted
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
2 envelopes unflavored gelatin

1/2 cup uncooked quick oats
1/3 cup wheat germ (or unprocessed bran or finely chopped nuts)
1/4 cup butter or margarine, melted
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
2 envelopes unflavored gelatin

1/2 cup cold water
2 1/2 cups cold eggnog
1 tablespoon brandy extract
1 1/2 cups heavy cream
1/4 cup granulated sugar
Nutmeg
Pecan halves

Preheat oven to 375°. Mix together oats, wheat germ, butter, and spices. Roll out dough to fit 8-inch pie pan. Bake for about 8 minutes or until golden brown. Cool.

Soften gelatin in cold water; stir over low heat until dissolved. Gradually add to combined eggnog and brandy extract mixture and mix well. Chill about 5 minutes or until mixture is very thick but not set.

Beat together cream and sugar until stiff peaks form. Beat gelatin mixture at high speed with electric mixer about 2 minutes or until mix is slightly fluffy. Fold in whipped cream. Chill 15 or 20 minutes or until mix mounds when dropped from a spoon.

Mound into crust. Chill until firm. Garnish with nutmeg and pecan halves.

Mabel M. Evans, Laurel, Del.
FRUIT PIE MARVEL

1 cup flour
¼ cup sugar
½ cup butter or margarine
½ cup chopped nuts
8 ounces cream cheese, softened
1 cup confectioner's sugar
9-ounce container frozen whipped topping
3-ounce package strawberry flavored gelatin
1 cup hot water
1 pint fresh strawberries, sugar to taste

Preheat oven to 325°. Mix together flour, sugar, butter, and nuts. Spread on bottom and up sides of 9- or 10-inch round pie pan. Bake for 15 to 20 minutes; cool.

Mix together cream cheese and sugar. Beat until fluffy. Fold in thawed whipped topping. Spoon into cooled crust.

Dissolve flavored gelatin in hot water. Cool until slightly thickened. Sprinkle whole strawberries with sugar if desired. Dip strawberries into flavored gelatin to coat. Arrange glazed strawberries on top of filling.

Note: You can also use any fresh fruit in season such as blueberries, peaches, or a combination of fruits. If you are using peaches, add a little lemon juice to the flavored gelatin.

A beautiful dessert for special occasions.

Amy Arimoto, Newark, Del.
LEMON SOUFFLÉ PIE
Yield: 9-inch pie

12-ounce box vanilla wafers
1 packet unflavored gelatin (1 tablespoon)
¼ cup water
¾ cup sugar
½ cup lemon juice

½ teaspoon salt
4 eggs, separated
1 cup heavy cream
3 tablespoons confectioner’s sugar
1 teaspoon vanilla

Line sides of 9-inch pie pan with whole vanilla wafers. Crush the rest of the wafers and line the bottom of the pan. (I put the cookies in a large ziploc bag, seal it, and crush cookies with a rolling pin.)

Dissolve gelatin in water; easier if water is first boiled. In the top of a double boiler, mix ¼ cup sugar, lemon juice, salt, and 4 beaten egg yolks. Add the dissolved gelatin. Stir over boiling water until the consistency of custard. Cool. To cool quickly, place pan in a bowl of ice cubes in refrigerator.

Whip 4 egg whites until stiff. Slowly beat in ½ cup sugar. When custard is cool, beat until fluffy. Slowly fold in the beaten egg whites.

Either pour custard-egg white mixture into pie pan. Beat heavy cream until stiff. Fold in confectioner’s sugar and vanilla. Spoon whipped cream over pie. Chill until set; or you can beat heavy cream until stiff. Fold in confectioner’s sugar, vanilla, and custard-egg white mixture. Pour into pie crust. Chill till set. May take several hours.

Lemon peel can be used as a decoration.

Note: Shortcuts such as artificially prepared whipped cream or non-dairy whipped toppings are not recommended. Bottled lemon juice is acceptable, but not as good as freshly squeezed lemon juice.

Kate Wheeler, Dover, Del.
DELAWARE HERITAGE COOKBOOK

LETTERBANKET

PUFF PASTRY

\( \frac{1}{4} \) pound sweet butter \quad \frac{1}{4} \) cup (or more) ice water
1 cup sifted all-purpose flour \quad \text{Pinch salt}

Using sweet butter, flour, ice water, and salt, make puff paste dough following basic cookbook directions.

ALMOND PASTE FILLING

\( \frac{1}{4} \) pound blanched almonds \quad \text{Grated peel of 1 lemon}
\( \frac{1}{2} \) cup sugar \quad \text{Pinch of salt}
1 egg, beaten

While puff pastry chills, prepare the almond paste. Grind the blanched almonds and mix with the sugar, beaten egg, grated lemon peel, and pinch of salt. Grind this mixture once more. On a floured board, roll it into a number of "sausages" about 1 inch in diameter. Wrap in waxpaper and chill for about 1 hour. Preheat oven to 425°.

After the final chilling period, roll out the dough into a strip 3½ inches wide and \( \frac{1}{8} \) inch thick. Place "sausages" end to end along the center, fold dough lengthwise and seal top and ends with water. Shape into your family's initial and place it, seam side down, on a floured cookie sheet. Brush with beaten egg diluted with water. Bake 30 to 35 minutes. Cool on a rack.

To make a Christmas wreath, shape the filled strip into a ring, sealing ends together. Bake as above; cool. Spread with confectioner's icing and decorate lavishly with red and green glacéed cherries and "leaves" cut from candied citron.

This renowned Dutch pastry, made of puff paste with an almond paste filling, is traditional both on Sinterklaas Eve and at Christmas. At Sinterklaas it is shaped in the family initial(s); at Christmas it is given the form of a wreath and decorated with glacéed fruit.

Compliments of Zwaanendael Museum, Lewes, Del.
PEACH CHEESE PIE

Yield: 9-inch pie

\[\frac{3}{4} \text{ cup flour} \quad 15-\text{ to 20-ounce can sliced peaches}\\ 1 \text{ teaspoon baking powder} \quad 8 \text{ ounces cream cheese}\\ \frac{1}{2} \text{ teaspoon salt} \quad \frac{1}{2} \text{ cup plus 1 tablespoon sugar}\\ 3\text{-ounce package vanilla pudding, not instant} \quad 3 \text{ tablespoons peach juice}\\ 1 \text{ egg} \quad \frac{1}{2} \text{ teaspoon cinnamon}\\ 3 \text{ tablespoons soft butter} \quad \frac{1}{2} \text{ cup milk} \]

Preheat oven to 350°. Combine first 7 ingredients; beat 2 minutes with electric mixer on medium speed. Put into deep 9-inch pie plate. Drain peaches reserving juice. Place peach slices on top of batter.

In bowl mix cream cheese, \(\frac{1}{2}\) cup sugar, and peach juice at medium speed; spread over batter to within 1 inch of edge.

Combine 1 tablespoon sugar and cinnamon and sprinkle on top. Bake for 30 to 35 minutes. Cool. Refrigerate about 2 hours before serving.

Delicious.

Frannie Donavan, Havertown, Pa.

PEACHES AND CREAM PIE

Yield: 9- or 10-inch pie

\[4 \text{ cups fresh sliced peaches} \quad \text{Dash of salt}\\ 9-\text{ or 10-inch pie crust, unbaked} \quad 1 \text{ cup heavy cream}\\ 1 \text{ cup sugar} \quad 4 \text{ drops vanilla}\\ 4 \text{ tablespoons flour} \]

Preheat oven to 400°. Place peaches in pie crust. Mix sugar, flour, and salt together; stir in cream and vanilla. Pour over peaches and bake for 50 to 60 minutes.

Dolores Dineen, Claymont, Del.
BLUE COAT INN PEANUT BUTTER ICE CREAM PIE

*Serves 8 to 10*

- 1 quart vanilla ice cream, slightly softened
- 0.5 tablespoons vanilla
- 0.5 cup chunky peanut butter
- 0.5 cup crushed unsalted peanuts
- 10-inch graham cracker crust
- Whipped cream
- Maraschino cherries

Combine ice cream, peanut butter, ¼ cup peanuts, and vanilla in large bowl and mix well. Turn into crust and sprinkle with remaining peanuts. Freeze. Decorate with whipped cream and maraschino cherries, if desired.

Blue Coat Inn, overlooking Silver Lake, Dover, Del.

PINEAPPLE CHEESE TARTS

*Yield: 10 to 12 tarts*

- 0.25 pound butter or margarine
- 3 ounces cream cheese
- Pinch salt
- 1 cup flour
- 12 teaspoons pineapple jam

Preheat oven to 375°. Cream butter and cream cheese. Add salt and flour. Mix well with fork. Chill. Roll out, cut into squares and fill each square with 1 teaspoon pineapple jam. Fold over, press edges together, prick with fork. Bake on cookie sheet until golden brown about 12 to 15 minutes.

When you find a special recipe
And others like it, too
Make one to share with someone nice
And another just for you!

Mrs. Nelson Spence, Bethel, Del.
GRANDMA’S PUMPKIN PIE

Yield: 1 large pie, plus. Extra filling baked in custard cups.

30-ounce can pumpkin
1½ cups milk
1 cup sugar
3 eggs
2 tablespoons flour

½ teaspoon each ginger, cloves, nutmeg, cinnamon
3 ounces rye whiskey
Pie shell, unbaked

Preheat oven to 450°. Mix all ingredients together. Put in pie shell. Bake at 450° for 15 minutes, then lower oven temperature to 350° and bake for approximately 45 minutes or until knife comes out clean.

Ruthie Upham, Saunderstown, R.I.

PUMPKIN MINCE PIE

Yield: 10-inch pie

1 package dry mincement
1 cup water
1½ cups canned pumpkin
⅜ cup light brown sugar
12-ounce can evaporated milk
2 tablespoons butter

½ teaspoon nutmeg
¼ teaspoon cinnamon
1 teaspoon vanilla
2 eggs, slightly beaten
10-inch pastry

Preheat oven to 500°. Break up mincemeat in a saucepan. Add water; cook 3 minutes, stirring. Cool.

In another saucepan combine pumpkin, sugar, milk, butter, spices, and vanilla. Heat until butter melts. While stirring, pour slowly into beaten eggs, folding them in. Cool. Line a 10-inch pie pan with the pastry. Spread mincemeat on bottom. Pour pumpkin mixture over top. Bake at 500° for 5 minutes; reduce heat and continue baking at 350° about 30 minutes more or until set.

A spicy layer of mincement baked under a luscious, creamy pumpkin custard.

John J. Williams, Delaware State Senator, 1947-1971
RASPBERRY RIBBON PIE

Yield: 9-inch pie

3-ounce package raspberry gelatin
1/4 cup granulated sugar
1 1/4 cups boiling water
10-ounce package frozen red raspberries
1 tablespoon lemon juice

3-ounce package cream cheese
1/2 cup confectioner's sugar
Dash of salt
1 teaspoon vanilla
1 cup heavy cream, whipped
9-inch baked pastry shell

Dissolve gelatin and sugar in boiling water. Add raspberries and lemon juice. Stir until berries thaw. Chill until partly set. Meanwhile blend cream cheese, confectioner's sugar, salt, and vanilla. Fold in small amount of whipped cream. Fold in remainder of whipped cream. Spread 1/2 cup cream cheese mixture in bottom of pastry shell. Top with 1/2 cup raspberry mixture, then a layer of remaining cream cheese mixture, ending with a final layer of the raspberries. Chill for 2 to 3 hours before serving.

Anne Kappel, Claymont, Del.

RITZ CRACKER PIE

Yield: 8 1/2-inch pie

3 egg whites
1 cup sugar
1 teaspoon baking powder

3/4 cup chopped walnuts
20 crushed Ritz crackers
Whipped cream

Preheat oven to 325°. Beat egg whites until stiff. Fold in remaining ingredients. Bake in buttered pie pan for 30 minutes or until firm in center. Top with whipped cream.

Easy and delicious.

Ruth Ross, Claymont, Del.
PIES AND PASTRIES

SHOOFLY PIE

Serves 8 to 12

1 cup flour
2/3 cup brown sugar
1 tablespoon vegetable shortening
1 cup molasses
1 egg
1 cup hot water
1 teaspoon baking soda

Preheat oven to 400°. Mix 1 cup of flour, the brown sugar and 1 tablespoon shortening together. Reserve ½ cup crumbs for topping. To remainder of crumbs, add molasses, egg, and ¾ cup hot water; blend. Mix soda in ¼ cup hot water and blend it into above mixture. Pour into unbaked pie crust; sprinkle the reserved crumbs on top. Bake at 400° for 10 minutes; then reduce oven to 325° and bake for 30 minutes.

The Hostess House is a delightful remodeled old farm house serving Pennsylvania Dutch food.

Esther Swartzentruber, The Hostess House, Greenwood, Del.

STRAWBERRY PIE

Yield: 8- or 9-inch pie

1 quart strawberries
1 cup sugar
3 tablespoons cornstarch
Few drops lemon juice (optional)
8- or 9-inch crust, baked
3-ounce package cream cheese
½ pint heavy cream

In a saucepan, mash only half of the berries, bring to a boil and stir in sugar, cornstarch, and lemon juice. Boil slowly 10 minutes. Spread cream cheese in bottom of baked crust. Arrange whole berries on top of cream cheese. Pour cooled cooked mixture on top. Garnish with whipped cream and fresh whole strawberries. Serve very cold. Chill several hours before serving.

Great—guests ask for more.

Virginia Scheiber, Wilmington, Del.
STRAWBERRY RHUBARB PIE

Yield: 9-inch pie

1 cup sugar
2 tablespoons quick cooking tapioca
¼ teaspoon salt
½ teaspoon nutmeg
¼ cup orange juice

3 cups cut fresh rhubarb
1 recipe pastry or 9-inch frozen pie shell
1 cup sliced strawberries
1 tablespoon butter or margarine

Preheat oven to 400°. Combine sugar, tapioca, salt, nutmeg, orange juice, and rhubarb. Place in 9-inch pie pan lined with pastry. Top with strawberries; dot with butter. Put on top crust. Bake for 40 to 50 minutes.

Norma Ferguson, Elkton, Md.
SWEET POTATO CUSTARD PIE

Yield: 9-inch pie

2 cups mashed sweet potatoes (canned or cooked fresh)  Juice of 1 lemon
2 cups milk                                           Pinch of salt
3 eggs                                               1 teaspoon nutmeg
1 cup sugar                                          Pumpkin pie spice (optional)
                                                      9-inch unbaked pastry shell

Preheat oven to 350°. Combine all ingredients in order listed and pour into pastry shell. Bake for 40 minutes.

Wayside Inn, Smyrna, Del.

VICTORY KRINGLE BARS

1 cup butter (or ½ cup butter and ½ cup solid vegetable shortening)  3 eggs
2 cups flour                               1 teaspoon almond extract
1 cup plus 2 tablespoons cold water          1 cup confectioner's sugar
                                            1 tablespoon butter

Preheat oven to 350°. Mix ½ cup butter, 1 cup of flour, and 2 tablespoons of cold water as for a pie crust. Divide dough into 2 parts and roll out to 3 inches wide and 12 to 14 inches long. Place the two parts on a cookie sheet. Bring to a boil ½ cup butter and 1 cup water. Remove from heat and add 1 cup flour, eggs, and ½ teaspoon almond extract. Spread on dough and bake for 1 hour.

Make frosting by combining confectioner's sugar, 1 tablespoon butter, and ½ teaspoon almond extract and thin with about 2 tablespoons milk. Frost pastry.

This recipe is being shared with us by the Scandanavian galley chef from the cruise ship Victory Chimes. The ship was formerly known as the Edward and Maude, a ram, built in Bethel, Delaware, in 1902.
COOKIES

CHRUSCIK
(Polish Pretzels)

Yield: approximately 2 dozen

½ teaspoon salt  ¼ cup butter
2 eggs, whole  1 jigger rum
4 egg yolks  2 cups flour
½ cup confectioner’s sugar

Add salt to whole eggs and yolks; beat until thick and lemon colored. Add sugar, butter, and rum and continue to beat. Fold in flour and knead until dough blisters. Cut in halves and roll very thin. Cut into strips 1½ inches wide and 4 inches long. Slit center of strip and slip one end through the slit. Fry in hot oil until lightly browned. Drain on absorbent paper and sprinkle with powdered sugar.

These will keep, if hidden!

Rocky Gentkowski, Wilmington, Del.
**CREME DE MENTHE BROWNIES**

*Yield: 18 to 24*

**First Layer:**
- 1 cup sugar
- 1/2 cup soft butter
- 4 eggs, beaten
- 1 cup flour
- 1 can chocolate syrup
- 1 teaspoon vanilla
- Nuts (optional)

Preheat oven to 350°. Line 9- by 13-inch pan with foil; grease lightly. Mix all ingredients and pour into prepared pan. Bake for 30 minutes. Cool completely.

**Second Layer:**
- 2 cups confectioner’s sugar
- 1/2 cup soft butter
- 2 tablespoons creme de menthe liqueur

Mix together well confectioner’s sugar, 1/2 cup butter, and liqueur. Spread over first layer.

**Third Layer:**
- 6 ounces chocolate chips
- 6 tablespoons butter

Melt together 6 tablespoons butter and chocolate chips in double boiler; pour over creme de menthe layer. Cut into squares. They’ll melt in your mouth.

Mary Wallace, Wilmington, Del.
SWEDISH WHITE BROWNIES

Yield: 24

2 eggs
1 cup plus 1 tablespoon sugar
Pinch of salt
½ cup melted butter

1 cup flour
1 teaspoon almond extract
1½ to 2 tablespoons slivered almonds


Absolutely delicious.

Sandy Pierson, Wilmington, Del.

CREAM CHEESE COOKIES

Yield: approximately 5 dozen

1 cup butter
8 ounces cream cheese

2 cups flour
10-ounce can apricot filling

Preheat oven to 350°. Blend butter, cheese, and flour together to handle. Shape into walnut-sized balls. Hollow center to hold a small amount of filling. Bake for 15 minutes or until barely brown on bottom.

Why not make two batches—one for you and one for a friend?

Bryan Mumford, Summerland, Cal., formerly of Claymont, Del.
EASY GERMAN COOKIES

Yield: approximately 2 dozen

4 eggs, well beaten
1-pound brown sugar
2 cups flour
1 teaspoon cinnamon
1 teaspoon vanilla
1 cup raisins
1 cup walnuts, chopped
(approximately ¼ pound)
½ to 2 cups confectioner’s sugar
¼ cup orange juice
½ tablespoon grated orange rind
(2 to 3 large oranges)

Preheat oven to 275°. Mix eggs, brown sugar, flour, cinnamon, vanilla, raisins, and nuts and spread thin in cookie sheet with sides or 11- by 14-inch glass dish. Bake for 25 minutes.

When cool, frost cookies with powdered sugar frosting or make orange frosting by mixing confectioner’s sugar, orange juice, and rind in top of a double boiler, cook for 10 to 15 minutes. Remove from over boiling water; beat icing until cool and thick enough to spread. This is particularly nice with its fruity flavor.

Cookie of the Week Winner, 1959.
Mrs. Marion Howard Neal, Claymont, Del.

NO-BAKE COOKIES

½ cup crunchy peanut butter
2 teaspoons vanilla
3 cup quick oatmeal
heaping pinch of salt
2 cups sugar
¼ pound oleo
½ cup milk
3 tablespoons cocoa

Before cooking have ready the first 4 ingredients. Cook together, boiling for 2 minutes, the sugar, oleo, milk and cocoa. Remove from heat and add peanut butter, oatmeal, vanilla and salt. Drop on waxed paper by teaspoon. Do not bake.

An easy recipe that takes about ½ hour to prepare.
Mary Morgan, Milton, Del.
GINGER CAKES

Yield: approximately 2 dozen

2 cups lard or vegetable shortening
1 cup sugar
1 cup sour cream
3 eggs

2 cups dark molasses
2 tablespoons baking soda
2 tablespoons ginger
½ teaspoon salt
6½ to 7 cups flour, sifted

Preheat oven to 350°. Cream lard, sugar, eggs, and sour cream. Add molasses and dry ingredients alternately to first mixture. Roll out about ½-inch and cut in shapes of your choice. Sprinkle sugar on top. Bake for 12 to 15 minutes.

Recipe may be halved.

E. Bernice Seymour, Hockessin, Del.
GINGERBREAD BOYS AND GIRLS

1 cup solid vegetable shortening 5 cups sifted flour
1 cup sugar 1 1/2 teaspoons baking soda
1 egg 1 tablespoon ginger
1 cup dark molasses 1 teaspoon ground cloves
2 tablespoons cider vinegar 1 teaspoon cinnamon

Cream together shortening and sugar. Add egg, then molasses and vinegar. Combine dry ingredients in a bowl and add to above mixture.

Divide and wrap in wax paper. Chill in refrigerator 3 or 4 hours. Preheat oven to 370°. Remove one batch at a time, kneading slightly on floured board. Roll out to 1/2-inch thick. Bake on lightly greased cookie sheet for 8 to 10 minutes (watch carefully).

More joy than job.

Gingerbread men were popular throughout the world. Not only children loved them, but adults too for they would not spoil when taken on long voyages.

This is a specialty of the Robinson House, sometimes referred to as Naamans Tea House in Claymont.
GINGERSNAPS

Yield: 4 to 5 dozen

2 cups flour
½ teaspoon salt
1 teaspoon ground cloves
1 teaspoon ground ginger
1 teaspoon cinnamon
3 teaspoons baking soda

¾ cup soft vegetable shortening
1 cup granulated sugar
1 egg
¼ cup light molasses
Granulated sugar

Preheat oven to 350°. Sift together dry ingredients. Cream shortening until light and fluffy, gradually adding sugar. Blend in egg and add molasses; then stir in flour mixture until well blended.

Shape dough into 1-inch balls. Roll in granulated sugar. Place 2 inches apart on ungreased cookie sheet. Flatten slightly with fingers. Bake 6 minutes. Let stand a minute before removing from sheet.

A yearly winner. This recipe dates back to the ’50s and every year one of our children would enter this recipe in the Unionville Fair, and every year it won first prize.

Nora Hug, Chadds Ford, Pa.
**HOBNAILS**

*Yield: approximately 2 dozen*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup light brown sugar</td>
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<td>½ cup shortening</td>
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<td>1 egg, beaten</td>
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<td>1 teaspoon vanilla</td>
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<td>1 ½ cups flour</td>
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<td>½ teaspoon baking soda</td>
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<td>½ teaspoon salt</td>
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<tr>
<td>½ cup chocolate chips (or ½ cup raisins plus 1 teaspoon cinnamon)</td>
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Preheat oven to 375°. Cream sugar and shortening. Add next 6 ingredients and drop in small balls on greased cookie sheet. Bake for 12 to 15 minutes.

I added this cookie recipe to my recipe box over 30 years ago after testing them in Virginia.

Mary Edith Farlow, Selbyville, Del.

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**JEWISH COOKIES**

*Yield: 3 dozen*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 3-ounce packages cream cheese</td>
<td></td>
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<tr>
<td>1 cup solid vegetable shortening</td>
<td></td>
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<tr>
<td>1 cup sugar</td>
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<tr>
<td>2 cups flour</td>
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<tr>
<td>½ teaspoon salt</td>
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<tr>
<td>Jelly or preserves</td>
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Preheat oven to 350°. Beat together the cream cheese, shortening, and sugar until fluffy. Add flour and salt. Drop by teaspoonful onto a greased cookie sheet. Make a dent with a spoon in the top. Add a dab of jelly. Bake for 10 or 15 minutes.

Evelyn Patterson, Wilmington, Del.
LEMON COCONUT CHEWS

Yield: 4 dozen

2 cups flour 3/4 cup butter, softened
1 cup sugar 1 cup canned coconut
1 teaspoon salt 21-ounce jar lemon pie filling
1/2 teaspoon baking soda

Preheat oven to 375°. Combine flour, sugar, salt, baking soda, and butter at low speed in electric mixer. Scrape bowl often until mixture is crumbly for 2 to 3 minutes. Stir in coconut. Reserve 1 1/2 cups of crumb mixture for topping.


A cake sale success.

Robin Santobianco, Claymont, Del.
PECAN NUT CUPS

Yield: 24

¼ pound butter 1 cup light brown sugar
1 cup flour Pinch of salt
3 ounces cream cheese, room 1 teaspoon vanilla
temperature ¾ cup chopped pecans
1 large egg 1 tablespoon melted butter

Mix together ¼ pound butter, flour, and cream cheese with a fork. Divide dough into 24 balls. Place balls into cups of small muffin tins. Press dough evenly to line cups.

Preheat oven to 350°. Mix together egg, brown sugar, salt, vanilla, pecans, and melted butter. Put 1 teaspoon mixture into each cup. Bake for 20 minutes. When cooled, sprinkle with confectioner's sugar (optional).

Cookies lend themselves beautifully to easy, friendly hospitality.

Jan Wrigley, Wilmington, Del.

PREACHER COOKIES

Yield: 24

2 cups sugar ½ cup cocoa or 1 cup semisweet chocolate chips
¼ pound butter or margarine ½ cup milk
½ cup quick rolled oats 1 teaspoon vanilla
½ cup walnuts

In a saucepan cook sugar, butter, and milk for 2 minutes, stirring constantly. While boiling, add last 4 ingredients. Stir until chocolate melts. Drop by teaspoonsful on waxed paper.

In a hurry? Try these.

Marge Weir, Winter Haven, Fla., formerly of Claymont, Del.
PRINGLE COOKIES

Yield: 6 to 8 dozen

1 cup sugar
2 cups butter or margarine (1 pound)
2 teaspoons vanilla
4 cups all-purpose flour, sifted
1 cup (about 2/3 can) crushed Pringle potato chips

1 cup chopped walnuts or pecans (optional)
Red and green sugar for coating cookies


Form in 1-inch balls. Roll in either red or green sugar. Place on ungreased cookie sheets. Flatten with bottom of glass dipped in sugar. Bake for 14 to 16 minutes or until lightly browned on edges.

Scrumptious—they'll melt in your mouth.

Margaret Jordan, Elkton, Md., formerly of Claymont, Del.
RAISIN COOKIES

1 cup sugar
1 cup butter
2 eggs, beaten
3½ cups flour
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg
1 teaspoon salt
2 teaspoons baking soda
2 cups raisins
1 cup walnuts or pecans (chopped about ¼ pound)

Preheat oven to 325° to 350°. Cream sugar and butter. Add eggs. Sift flour, cinnamon, allspice, nutmeg, salt, and baking soda. Set aside. In a saucepan, cover raisins with water and cook until raisins are soft (will puff up). Drain off liquid (at least 1 cup) and add it alternately with dry ingredients to sugar and butter mixture. Add nuts.

Spread very thinly on greased cookie sheet with sides. Bake 25 minutes. Ice with cookie icing of your choice and cut in squares.

Mayor Al Stango, Lewes, Del.

SEVEN LAYER COOKIES

Yield: 24

¼ pound butter or margarine
1 cup graham cracker crumbs
1 cup canned flaked coconut
6-ounce package chocolate chips
6-ounce package butterscotch chips
6-ounce package butterscotch chips
14-ounce can condensed milk
1½ cups chopped walnuts


Rich and luscious.

Dorothy Poteet, Wilmington, Del.
SNICKERDOODLES

Yield: approximately 100

1½ cups sugar
1 cup soft shortening (half butter and half solid vegetable shortening)
2 eggs
2¾ cups flour

1 teaspoon baking soda
½ teaspoon salt
2 teaspoons cream of tartar
3 tablespoons sugar
3 teaspoons cinnamon

Preheat oven to 400°. Cream sugar and shortening together. Add eggs and beat well. Stir in flour, baking soda, salt, and cream of tartar. Chill for 1 hour. Roll dough into small balls and roll these in a mixture of 3 tablespoons sugar and 3 teaspoons cinnamon. Bake on ungreased cookie sheets for 8 to 10 minutes. Snecken noodles, so-called by the Dutch, are an all-time favorite.

Great recipe for holidays and afternoon tea.

Mildred Quigley, Claymont, Del.

Be sorry for people
Whoever they are
Who live in a house
Where there’s no cookie jar!
SPECULAAS

Yield: approximately 2 dozen

2 cups flour         ½ pound butter
Pinch of salt       ¾ cup brown sugar
1 tablespoon baking powder 1 large egg, beaten
2 teaspoons cinnamon    Pinch of cocoa
¾ teaspoon ground cloves    Pinch of pepper
¼ teaspoon nutmeg    Drop of almond extract
¼ teaspoon aniseed (ground) or ½ teaspoon lemon peel
anise extract       Ginger pieces or almonds

Preheat oven to 350°. Mix flour, salt, baking powder, cinna-
mon, cloves, and aniseed. In a separate bowl, beat butter and
sugar together until fluffy. Add egg. Gradually add dry ingre-
dients, adding cocoa and pepper; then the almond extract,
lemon peel, and ginger pieces. You can use almonds as well if
they are in thin slices. Form dough into a ball and knead it
well.

Roll dough into a flat cookie sheet, ¼-inch thick. Press dough
into cookie boards or use cookie cutters. Let dough rest for 1
hour. Unmold cookies and place on buttered cookie sheet. Bake
for 25 minutes. Let cool on rack.

These are Dutch cookies made for St. Nicholas Day and Christ-
mas in France, Belgium, and Holland. “Speculaas” came from
the Latin word Speculum or mirror, because the dough is
pressed into wooden cookie boards and thus gives a mirror
image of the carved molds. We serve this Christmas treat at
Christmas time at the Newcastle Inn Restaurant.

Claudie J. Brock, New Castle, Del., and Newtown Square, Pa.
SWEDISH PIZZELLES

Yield: 4 to 5 dozen

\[
\begin{align*}
\frac{1}{2} \text{ pound butter} & \quad \text{4 cups flour} \\
1\frac{3}{4} \text{ cups sugar} & \quad 2 \text{ tablespoons baking powder} \\
2 \text{ teaspoons vanilla} & \quad 1 \text{ teaspoon salt} \\
2 \text{ extra large eggs} & \quad \text{Confectioner's sugar} \\
\frac{1}{2} \text{ cup light cream} & \\
\end{align*}
\]

Mix the butter, sugar and vanilla. Add the remaining ingredients.

Follow baking instruction of the pizzelle iron. Sprinkle pizzelles with confectioner's sugar while still warm.

Ann Tenuto, Chester, Pa.

WELSH COOKIES

Yield: approximately 3 dozen

\[
\begin{align*}
4 \text{ cups flour} & \quad 2 \text{ cups sugar} \\
3 \text{ teaspoons baking powder} & \quad 2 \text{ eggs} \\
3 \text{ teaspoons nutmeg} & \quad \frac{1}{4} \text{ to } \frac{1}{2} \text{ cup milk} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 1 \text{ cup raisins} \\
\frac{1}{2} \text{ pound margarine} & \\
\end{align*}
\]

Sift together flour, baking powder, nutmeg, and salt. Cream margarine, sugar, and eggs adding flour mixture plus \(\frac{1}{4}\) to \(\frac{1}{2}\) cup of enough milk to keep batter from being sticky. Add the raisins; roll out to \(\frac{1}{4}\) inch thick. Cut to any size. Cook in electric fry pan at 330°. Shortening is not needed in the frying pan as there is sufficient in the batter.

Diane Evans, Claymont, Del.
FILLED CRESCENT COOKIES

Yield: 4 dozen

1 package yeast
1/4 cup lukewarm milk
1 teaspoon vanilla
1 tablespoon sugar
3 cups flour

1 cup butter, softened
4 hard-boiled egg yolks (sieved)
Preserves, of your choice, level tablespoon
Confectioner’s sugar

Preheat oven to 375°. Dissolve yeast in lukewarm milk. Add vanilla and sugar. In separate bowl, blend flour with softened butter and egg yolks. Add liquid mixture. Work well together into a smooth dough. Divide dough into 8 sections. Roll each section into a thin circle (between 2 sheets of waxed paper). Divide each circle into wedges. Place preserve filling at wide end of wedge and roll towards point. Bend to crescent shape. Bake for 20 minutes. Sprinkle with confectioner’s sugar before serving.

Carol A. Day, Wilmington, Del.
CANDY
HEALTH CEREAL
Yield: approximately 9 to 10 cups

7 cups quick oats
1 cup wheat germ
¼ cup sesame seeds
¼ cup ground pecans
¼ cup sliced almonds
¾ cup honey
¼ cup safflower oil
½ of 15-ounce box of raisins
½ of 8-ounce package of dried apricots, finely chopped
4 ounces dates, finely chopped

Preheat oven to 350°. Mix all ingredients, except the fruits, in a soup pot. Turn onto a cookie sheet with sides. Bake for 30 minutes. Stir in dried fruit after baking. When cool, store in an airtight container.

"These delights won’t linger very long."

Nancy Zippe, Wilmington, Del.

CHOCOLATE FUDGE
Yield: 16 pieces

¼ pound margarine
½ cup cocoa
3 cups sugar
½ cup corn syrup
7 ounces evaporated milk
½ teaspoon salt
1 teaspoon vanilla

Melt margarine in 2 quart saucepan and add cocoa; blend well. Add sugar, syrup, milk, and salt. Mix well and place over medium heat. Stir occasionally until sugar dissolves and mixture is boiling. Turn heat to low, cover, and let cook until mixture reaches the soft ball stage. Remove from heat and let cool to room temperature. Then add vanilla extract and beat until mixture thickens. Pour fudge in 8-inch pan greased with margarine and let cool. Then cut to desired pieces.

Maxine W. Mann, Claymont, Del.
HEALTHFUL FUDGE

Yield: 2½ pounds

1 cup honey
1 cup peanut butter
1 cup carob powder
1 cup sunflower seeds, shelled

½ cup toasted sesame seeds
½ cup canned flaked coconut
½ cup walnuts, chopped
½ cup raisins

In large saucepan heat honey and peanut butter, stirring const­stantly until smooth. Remove from heat. Stir in carob powder. Mix well. Stir in sunflower seeds and remaining ingredients. Press into buttered 8-inch square dish or pan. Chill, covered, several hours. Store in refrigerator.

Maggie Houser, Claymont, Del.

HOLIDAY FUDGE

Yield: approximately 16 pieces

3 cups semisweet chocolate chips
14-ounce can condensed milk

Pinch salt
1½ teaspoon vanilla
½ cup ground nuts, optional

Melt chocolate chips in top of double boiler over hot water. Stir occasionally. Remove from heat and add condensed milk, salt, vanilla, and nuts. Stir until smooth. Turn into waxed-paper-lined 8-inch square pan. Spread evenly. Place in refrigerator 2 hours or until firm. Turn candy onto cutting board, peel off paper. Cut fudge into serving pieces. Store in airtight container.

“And he who gives a child a treat makes joy bells ring in heaven’s street.” —JOHN MASEFIELD (1878-1967)

Amy Hanchey, Wallace, N. C., formerly from Claymont, Del.
DELAWARE HERITAGE COOKBOOK

PEANUT BUTTER FUDGE

Yield: 35 to 40 pieces

\( \frac{1}{4} \) pound butter
3 cups sugar
Pinch of salt
\( \frac{3}{8} \) cup evaporated milk

7½-ounce jar marshmallow creme
8-ounce jar peanut butter

Cook the above until it comes to a soft boil, approximately 12 minutes. Beat in marshmallow and peanut butter.

Pour in greased 9- by 13-inch pan; let cool.

Kathleen Holland, Claymont, Del.

VELVETY FUDGE

Yield: 4 pounds

4 pounds confectioner’s sugar
1 cup cocoa
1 pound Velveeta cheese

1 pound butter or margarine
1 tablespoon vanilla
2 cups chopped nuts (optional)

Sift sugar and cocoa together and set aside. Cut up cheese and butter into pieces and melt together over low heat. (Do not let it boil or cheese may curdle.) Turn off heat. Add cocoa mixture to this, a cupful at a time. Add vanilla and nuts, keeping a few nuts to sprinkle over top and press in.

Pour into buttered 9- by 13-inch dish. Cool and cut.

Recipe may be halved.

Sue Coyle, Wilmington, Del.
CANDY

CHOCOLATE COVERED PRETZELS

Yield: 30

6 ounces semisweet chocolate chips
2 tablespoons corn syrup
2 tablespoons butter
1 1/2 teaspoons water
30 pretzels

In the top of a double boiler, over hot but not boiling water, combine chocolate, syrup, butter, and water. Stir until chocolate melts. Remove from heat, but keep over hot water. One at a time, dip pretzels into chocolate sauce. Place on wire rack. Chill 10 minutes to set coating. Remove to firm at room temperature.

Mary Swider, Claymont, Del.

CHOCOLATE SALTINES

Yield: 40

Margarine for greasing foil
Saltines, approximately 40
1/4 pound butter or margarine
1 cup brown sugar
12-ounce package semisweet chocolate chips
1/2 cup chopped pecans

Preheat oven to 350°. Line an 11- by 15-inch pan with aluminum foil and grease foil with margarine. Spread a single layer of saltines on the coated foil.

In a small pan, combine butter and brown sugar; bring to a boil and boil for 3 minutes, stirring constantly to prevent sticking. Pour this mixture over the layer of saltines and bake in oven for 5 minutes. Remove from the oven and scatter the chocolate chips over the surface. Let soften, then spread to coat the saltine base. Scatter the pecans over the top. Score with knife. Chill 1/2 hour. Carefully break or cut apart to serve. Store in refrigerator.

Ellen B. DiTeodoro, New Castle, Del.
CHOCOLATE PEANUT BUTTER CRISPIES

Yield: about 4 dozen

1 cup (6-ounce package) semisweet chocolate chips
1 cup (6-ounce package) peanut butter chips
2 tablespoons vegetable oil
1½ cups crisp rice cereal
½ cup chopped walnuts

Combine chocolate chips, peanut butter chips, and oil in top of double boiler over boiling water. Stir until chips are completely melted and well blended. Remove from heat; stir in cereal and nuts. Cool slightly; drop by tablespoons into paper nut cups. Chill until firm. Store in covered container in refrigerator.

Compliments of the Hershey Chocolate Company, Hershey, Pa.

KRISPIE BALLS

Yield: 80

½ pound butter
1½ cups sugar
1 pound dates
2 eggs
2 tablespoons milk
¼ teaspoon salt
1 teaspoon vanilla
4 cups Rice Krispies
2 cups pecans, broken
2 cups canned flaked coconut

Melt butter and sugar in a skillet. Stir in dates. Boil 2 minutes; let cool. Beat eggs; mix with milk, salt, and vanilla. Add 2 tablespoons of date mixture to egg and milk mixture. Then add this to date mixture in skillet and boil 2 more minutes. Let cool while you prepare the Rice Krispies and pecans. Mix with first mixture in large bowl. Form into small balls; roll in coconut.

Ruth Jensen, Milton, Del.
OLD FASHIONED PEANUT BRITTLE

Yield: 1 pound

2 cups sugar 1 cup dry roasted peanuts

In a large, heavy skillet, stir sugar over medium heat until it dissolves and becomes a caramel-colored syrup. Guard against burning. Remove pan from heat and quickly stir in the nuts. Pour immediately onto lightly oiled cookie sheet, spreading the brittle as thin as you wish. Cool and break into pieces. Keep in a tightly covered container in a cool place.

A favorite at church and school functions.
Kay Herr, Claymont, Del.

PEANUT BUTTER BALLS

Yield: approximately 50 balls

12 ounces peanut butter 1 teaspoon vanilla
¼ pound margarine 12 ounces chocolate chips
1 pound confectioner's sugar ½-inch slice paraffin wax

Mix together peanut butter, margarine, sugar, and vanilla and form into balls. In a double boiler, melt chocolate chips and wax. Dip ball in the melted chocolate. Cool on waxed paper.

They freeze beautifully.
Pat Gennaria, Claymont, Del.
PEANUT BUTTER CUPS

2 cups peanut butter, creamy or chunk style  2 3/4 cups confectioner’s sugar
1/2 cup plus 1 tablespoon melted  12-ounce package chocolate chips
butter

Stir together peanut butter, 1/2 cup melted butter, and confectioner’s sugar. Press mixture into bottom of 9-inch square dish. Melt chocolate chips and stir together with remaining tablespoon butter; spread on top. Refrigerate for 10 minutes to set chocolate. Store at room temperature. Cut into small squares.

Note: Mixture also may be pressed into small baking cups. Especially colorful in “holiday cups.”

Linda Schupp, Newark, Del.

SALT WATER TAFFY

1 cup sugar  2 tablespoons butter or margarine
3/4 cup light corn syrup  1 teaspoon salt
1/3 cup water  2 teaspoons vanilla
1 tablespoon cornstarch

Mix sugar, syrup, water, cornstarch, butter and salt in 2-quart pan. Cook over medium heat, stirring with wooden spoon till 256°. Stir in vanilla and pour into buttered 8-inch pan. When cool, pull till light in color and stiff. Cut into small pieces and wrap in wax paper.

Bring the seashore to your home and treat your family to a homemade batch.

Brenda Coulsting, Wilmington, Del.
APPLE CAKE
Serves 12

3 eggs 2 teaspoons vanilla
2 cups sugar 1 cup walnuts, chopped
1 ½ cups vegetable oil 3 cups apples, peeled and chopped
3 cups flour ¼ cup margarine
1 teaspoon baking soda 1 cup brown sugar
1 teaspoon salt ¼ cup evaporated milk
1 teaspoon cinnamon

Preheat oven to 325°. Beat eggs, add sugar, and mix thoroughly. Add remaining 8 ingredients. Bake in greased 10-inch tube pan lined with wax paper for 1 hour and 15 minutes. (Bake only 1 hour if batter is divided in two pans.)

Make topping by mixing together margarine, brown sugar, and evaporated milk in a saucepan. Boil 2 or 3 minutes. Pour over cooled cake.

Marion Griffith, Seaford, Del.
ELSIE’S TOSS APPLE CAKE

¼ pound margarine
2 eggs
1 teaspoon vanilla
1 ½ cups flour
1 ¼ cups sugar
½ teaspoon salt
1 teaspoon baking soda

1 teaspoon baking powder
1 teaspoon cinnamon
4 cups apples, peeled, and diced
(4 to 5 large apples)
½ cup chopped walnuts
(optional)

Preheat oven to 350°. Melt margarine in small pan over low heat. Beat eggs and vanilla in small bowl and set aside. In a large bowl, sift together flour, sugar, salt, baking soda, baking powder, and cinnamon. Add the melted margarine and the eggs and mix with a wooden spoon. Add apples and walnuts.

Grease and flour a 9- by 12- by 2-inch pan and spread out batter. It will be a thin layer, but bakes nicely. Bake for 40 to 45 minutes.

Cake is moist and delicious. Best make two. The “kids” will eat the first one while still warm.

Elsie Toth
ONE QUART
APPLESAUCE CAKE

Serves 12

4½ teaspoons baking soda 2 teaspoons cinnamon
1 quart applesauce 1 teaspoon nutmeg
2½ cups sugar 2 cups raisins
½ cup butter, melted ½ cup black walnuts
4 cups flour

Preheat oven to 300°. In a large bowl beat baking soda into applesauce. Stir in sugar. Melt butter and add. Stir in flour and mix well by hand. Add remaining ingredients. Pour ingredients into greased and floured 10-inch tube pan (if using a Teflon pan, do not grease and flour). Bake 1 hour and 15 minutes.

Ginny Austin, Blades, Del.

APPLE UPSIDE-DOWN CAKE

Yield: 9-inch cake

¼ cup butter ½ cup solid vegetable shortening
1 cup brown sugar ½ cup sugar
2 large baking apples 2 eggs, well beaten
½ cup raisins 1 teaspoon vanilla
1½ cups cake flour ½ cup water
½ teaspoon salt Whipped cream
3 teaspoons baking powder


Ronnie Swafford, Wilmington, Del.
FROSTED BANANA FINGERS

Yield: 14 or 15 fingers

1 1/3 cups cake flour
1 teaspoon baking powder
1/8 teaspoon baking soda
3/8 teaspoon salt
1/4 cup vegetable shortening
1/2 cup sugar
1 egg
1 teaspoon vanilla
1/2 cup plus 2 tablespoons mashed ripe banana (1 to 2 large bananas)

1 tablespoon milk
1/4 teaspoon lemon juice
2 tablespoons butter
1 1/4 cups confectioner’s sugar
Few drops yellow food coloring
1 square unsweetened chocolate

Preheat oven to 350°. Sift the cake flour. Sift together cake flour, baking powder, baking soda, and salt. Set aside. Cream shortening and sugar; add egg and beat well. Mix together vanilla, 1/4 cup bananas and milk. Alternately add dry and liquid ingredients to shortening.


While fingers bake, make frosting by combining 2 tablespoons mashed banana and lemon juice. Add the butter and confectioner’s sugar and beat with a mixer. Add enough yellow food coloring to make the frosting banana colored. Blend well and mix until fluffy.

Turn cakes from pan. Frost the bottom of the cakes. Melt the chocolate. With a toothpick or fork dipped into the chocolate, make dark lines on the frosting to make fingers look like bananas. Finished cakes may be wrapped well and frozen.

Mildred Woodall, Wilmington, Del.
CARROT CAKE

3 cups flour
2 cups sugar
2 teaspoons baking soda
2 teaspoons baking powder
2 7¼-ounce jars carrot baby food
1½ cups vegetable oil
4 eggs

2 teaspoons cinnamon
Pinch of salt
¼ pound butter
1 pound confectioner's sugar
8 ounces cream cheese
1 teaspoon vanilla
¼ cup milk

Preheat oven to 350°. Mix together flour, sugar, baking soda, baking powder, carrots, oil, eggs, cinnamon, and salt. Pour into greased 10-inch tube pan and bake for 55 to 60 minutes.

CREAM CHEESE FROSTING:

Combine butter and confectioners's sugar. Add cream cheese and vanilla; stir in milk by tablespoonfuls until frosting is spreadable. Frost cake when cool.

So easy and so good. Carrots are native to England, and the colonists brought them to America.

Sandy Walker, Claymont, Del.
JIMMY CARTER CAKE

\[
\begin{align*}
\frac{1}{4} \text{ pound plus 4 tablespoons margarine} & \quad 1 \text{ small box vanilla instant pudding} \\
1\frac{1}{2} \text{ cups flour} & \quad 1 \text{ small box chocolate instant pudding} \\
\frac{3}{4} \text{ cup chopped nuts} & \quad 2\frac{1}{2} \text{ cups cold milk} \\
8 \text{ ounces cream cheese} & \quad \text{Chopped nuts} \\
1 \text{ cup confectioner's sugar} & \quad 1.65\text{-ounce milk chocolate candy bar} \\
\frac{1}{3} \text{ cup peanut butter} & \\
1 \text{ cup frozen whipped topping} & \\
\end{align*}
\]


Mix together cream cheese, sugar and peanut butter. Add thawed whipped topping. Spread in a layer over cooled crust.

Combine the vanilla and chocolate puddings and the milk. Pour over the peanut butter layer. Refrigerate until firm. Top with any leftover topping. Garnish with chopped nuts and grated chocolate bar. Refrigerate overnight.

Delicious. You can keep this cake for 2-3 days.

Jo Domenic, Wilmington, Del.
CHOCOLATE CREAM CHEESE CAKE WITH CHOCOLATE CREAM CHEESE ICING

Yield: 2 9-inch layers

2 3-ounce packages cream cheese, softened
½ cup plus 4 tablespoons butter or margarine, softened
1 teaspoon vanilla
6½ cups (1½ pounds) sifted powdered sugar
½ cup plus 1¼ cups milk, room temperature
4 squares (4 ounces) unsweetened chocolate, melted and cooled
3 eggs
2¼ cups all purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt


My family's favorite chocolate cake recipe.

Jill Biden, Wilmington, Del.
DELWARE CHEESECAKE

Yield: 8-inch square cake

1¾ cups graham cracker crumbs
½ cup butter
¼ cup sugar
1 envelope Dream Whip

2 8-ounce packages cream cheese
3 cups confectioner’s sugar
21-ounce can cherry or blueberry pie filling

Preheat oven to 350°. In an 8- by 8- by 2-inch square pan, combine graham cracker crumbs, butter, and sugar. Spread mixture as thinly as possible. Make sure to cover pan sides at least up to within ½ inch of the top. Bake for 8 minutes. Let cool.

In a bowl, mix Dream Whip thoroughly with an electric beater. In a separate bowl, mix the cream cheese and confectioner’s sugar. Add to the Dream Whip. Spread in pan over cracker crust. Refrigerate at least 3 hours or overnight. Then spread fruit pie filling on top. Refrigerate at least 2 hours before serving. Cut in squares to serve.

Dr. Harold B. Hancock, receiver of the 1984 Governor’s Award for Outstanding Contributions to Delaware History and Culture. Emeritus Professor, Otterbein College, Westerville, Ohio.
Cakes and Frostings

GREAT GRANDMA'S CHEESECAKE

Yield: 10-inch round cake

4-ounce box Zweiback crackers  Pinch of salt
1 1/2 cups sugar 4 eggs
2 teaspoons cinnamon 1 tablespoon flour
1 heaping tablespoon butter 1/2 pint heavy cream
1 teaspoon vanilla
1 1/2 pounds pot cheese or farmer cheese, or a combination of both

Preheat oven to 350°. Crush crackers into fine crumbs. Combine crumbs, 1/2 cup of the sugar, and cinnamon; cream in the butter and vanilla. Set aside.

Put cheese through food mill. Add salt, 1 cup sugar, eggs, and flour. Whip the heavy cream; add half the vanilla. Fold the whipped cream into the cheese mixture.

Take about half of the reserved cracker mixture and press into the bottom and partly up the sides of a springform pan. Pour cheese mixture in. Sprinkle rest of cracker mixture on top. Bake for 40 to 50 minutes. Let stand in the oven until oven and cake are cool. Chill overnight, if possible. Remove outside rim of pan to serve.

Lelaine Nemser, Wilmington, Del.
PUMPKIN CHEESECAKE

Graham cracker crust for springform pan
1 cup fruit juice, orange or pineapple
16-ounce can pumpkin
1 cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
3 eggs
1 envelope unflavored gelatin
2 8-ounce packages cream cheese
1 teaspoon vanilla


*1¼ cup graham cracker crumbs
¼ cup sugar
¼ cup butter

Mix well with fork.

Delaware Senator Ruth Ann Minner, Dover, Del.
BLUE GOOSE
CHOCOLATE CAKE

Yield: 1 large cake or 2 9-inch layers

3 squares unsweetened chocolate or ¾ cup cocoa
¼ pound margarine
2 teaspoons instant coffee
1 cup water
2 cups flour, sifting optional
2 cups sugar
2 teaspoons baking soda
½ pint sour cream
2 eggs
2 teaspoons vanilla

Preheat oven to 325°. Melt chocolate (or cocoa), margarine, and instant coffee in 1 cup boiling water. Pour hot mixture over flour, sugar, and baking soda. Add sour cream, eggs and vanilla. Bake in 10½-inch tube pan for 50 to 60 minutes, or in 8- or 9-inch layer cake pans at 350° for 40 to 45 minutes. Enjoy. Needs no icing.

Quite a nice combination of qualities and you don’t even need a mixer for this family favorite.

Fran Mayhew, Wilmington, Del.
CHOCOLATE CHERRY BARS

Yield: 20 to 24 bars

1 pound 2½-ounce box devil’s food cake mix
15-ounce can cherry pie filling
1 teaspoon almond extract
2 eggs, well beaten
1 cup sugar
5 tablespoons margarine
½ cup milk
1 cup chocolate chips


In saucepan, combine sugar, margarine, and milk. Heat to boiling; boil and stir for one minute. Remove from heat; stir in chips until smooth. Pour over warm cake. Cut and serve.

Grace Millman, Milton, Del.

CHOCOLATE CHIP CAKE

Serves 12

¼ pound margarine
1 cup sugar
2 eggs
1 cup sour cream
1 teaspoon vanilla
2 cups sifted flour
1½ teaspoons baking powder
1 teaspoon baking soda
½ cup sugar
1 teaspoon cinnamon
6 ounces chocolate chips

Preheat oven to 350°. Cream margarine, sugar, and eggs together. Add sour cream, vanilla, flour, baking powder, and baking soda. In a separate bowl mix sugar, cinnamon, and chocolate chips. Into a greased 9- by 13-inch oblong pan, pour in about half the cake batter. Sprinkle on half the chocolate chip mix. Pour on remaining cake batter; top with balance of chips. Bake for 30 minutes.

Pauline Welch, Wilmington, Del.
COLA CAKE

Serves 10 to 12

2 cups sifted flour 2 eggs, beaten
2 cups sugar 1 teaspoon vanilla
1 teaspoon baking soda 1½ cups miniature marshmallows
¾ pound butter 1 pound confectioner’s sugar (or
6 tablespoons cocoa more)
1 cup plus 6 tablespoons cola 1 cup chopped walnuts
½ cup buttermilk (optional)

Preheat oven to 350°. Combine flour, granulated sugar, and baking soda in bowl. In a saucepan, heat ½ pound butter, 3 tablespoons cocoa, and 1 cup of cola to boiling. Pour over flour and sugar; mix well. Add the buttermilk, eggs, vanilla, and marshmallows. Batter will be thin with the marshmallows floating on top. Bake in a greased 9- by 13-inch pan for 30 to 35 minutes.

While cake bakes, make the icing. In a saucepan combine ¼ pound butter and 6 tablespoons cola. Heat until butter melts. Beat well. In a bowl, mix together 3 tablespoons cocoa and the confectioner’s sugar. Pour in melted butter. Add nuts. Spread hot icing over hot cake.

Marjorie Parkin, Claymont, Del.
DAISY FLOWER CAKE

Serves 25

½ cup water 1½ cups lemon juice
2 tablespoons gelatin 1½ cups fine sugar, for egg whites
1 dozen eggs, separated 1 Sponge Cake recipe
1½ cups sugar
3 tablespoons lemon rind, grated
(approximately 6 to 8 lemons)

Soften gelatin in water. To make a custard, combine egg yolks, sugar, lemon rind, and lemon juice over low heat until mixture coats spoon. Remove from heat. Add softened gelatin. Beat the 12 egg whites until stiff. Add the last 1½ cups sugar to egg whites. Beat and fold into custard mixture.

SPONGE CAKE

16 egg yolks 2 teaspoons vanilla
1 cup cold milk 1½ pounds flour
1 pound sugar Whipped cream

Preheat oven to 300°. Beat together the egg yolks and milk. Add the sugar gradually, beating until dissolved. Add vanilla. Sifting gradually, add the flour and beat until smooth. Pour batter into 14- by 6-inch pan lined with greased paper. Bake for 1 hour. Invert on board; tear off paper; cool. Break cake into small pieces. In 2 10-inch round pans, layer cake pieces alternately with custard. Chill or freeze. To serve, unmold and frost with unsweetened whipped cream.

Hubert M. Winkler, executive chef, Hotel Dupont, Wilmington, Del.
CAKES AND FROSTINGS

HARVEST CAKE

Serves 18 to 20

4 cups apples, peeled and diced  3 cups flour
2 cups sugar  ½ teaspoon salt
2 eggs, beaten  2 teaspoons baking soda
1 cup vegetable oil  1 cup walnuts
1 teaspoon vanilla  1 cup raisins

Preheat oven to 375°. Using apples that are not too juicy, add sugar and let stand 1 hour. Add eggs beaten in the salad oil and vanilla to the apple mixture. Add flour which has been sifted with salt and baking soda. Fold in walnuts and raisins. Mix well but do not beat hard. Bake in greased and floured 10- by 14-inch sheet pan for 45 minutes.

This makes a really different cake—moist and nice. Delicious with a glob of whipped cream and/or a mug of cider.

Gayle Hatz, Newark, Del.
ITALIAN CREAM CAKE

Serves 8

¼ pound margarine plus 4 tablespoons
½ cup vegetable shortening
2 cups sugar
5 eggs, separated
2 cups flour
1 teaspoon baking soda
1 cup buttermilk

2 teaspoons vanilla
3½-ounce can flake coconut
1 cup chopped pecans
8-ounce package cream cheese, softened
1 pound box confectioner's sugar
Chopped pecans

Preheat oven to 350°. Cream ¼ pound of margarine with shortening. Add sugar and egg yolks, beating until mixture is smooth. Combine flour and soda and add to creamed mixture alternately with buttermilk. Stir in 1 teaspoon vanilla. Add coconut and chopped nuts. Fold in stiffly beaten egg whites. Pour batter into 3 greased and floured 8-inch cake pans. Bake for 25 minutes or until cake is done.

Make frosting by beating cream cheese and 4 tablespoons margarine until smooth. Add confectioner’s sugar and mix well. Add 1 teaspoon vanilla and beat until smooth. Spread between layers, on top, and sides of cake. Sprinkle top with pecans.

What a treat for the old Claymont School District friends.

Gloria Treco, Claymont, Del.
MADELEINES

1 stick butter plus 6 tablespoons, softened
½ cup sugar
2 eggs

½ teaspoon salt
1 cup sifted flour
1½ teaspoons vanilla
Confectioner’s sugar

Preheat oven to 350°. Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add salt and flour, mixing well. Add vanilla. Pour batter into buttered and floured Madeleine tins, ¾ full (a scant tablespoonful). No need to spread batter, heat takes care of that. Bake for 15 minutes or until lightly brown. Turn out on a rack and sprinkle with confectioner’s sugar.

Scrumptious delights for high tea.

Friend of the Heritage Commission
MANDARIN ORANGE CAKE

Serves 8 to 10

18½-ounce package yellow cake mix without pudding
11-ounce can mandarin oranges, undrained
4 eggs
½ cup vegetable oil

15¼-ounce can crushed pineapple, undrained
9-ounce carton frozen whipped topping, thawed
3¾-ounce package vanilla instant pudding mix

Preheat oven to 350°. Combine cake mix, oranges, eggs, and oil; with electric mixer, beat for 2 minutes. Reduce speed to low; beat 1 minute. Pour batter into 3 greased and floured 9-inch round pans. Bake for 20 to 25 minutes or until it tests done. Cool in pans 10 minutes; remove from pans and cool completely.

Make frosting by combining crushed pineapple, whipped topping, and pudding mix; beat 2 minutes at medium speed. Let stand 5 minutes or until it reaches spreading consistency. Ice cake. Chill 2 hours before serving.

I've often wondered which was prettier, orange trees in bloom or laden with ripening fruit.

Mary Agnes Dennis, Wilmington, Del.
MEE CAKE

¾ pound butter (not margarine)
3 cups sugar
6 eggs, separated

3 cups all-purpose flour
¼ teaspoon baking soda
1 cup sour cream
2 teaspoons vanilla

Preheat oven to 325°. Cream butter and sugar until fluffy. Mix in egg yolks one at a time. Sift flour with baking soda and add alternately with sour cream. Stir in (don’t beat) the vanilla. Beat the egg whites until stiff and fold in carefully (do not beat). Pour batter in a greased floured 10-inch tube pan.

Bake for 1½ hours. Let stand for 10 minutes before removing. While it’s hot, sprinkle superfine sugar on top!!

This is a “super moist” cake and needs no frosting.

A Delaware First Prize, 1980 Winner
Carolyn Pendleton, Milford, Del.

MOM’S BIRTHDAY CAKE

Serves 12

½ cup margarine
1½ cups sugar
3 eggs
2¼ cups all-purpose flour
1 teaspoon salt

¼ teaspoon mace
3 teaspoons baking powder
½ cup milk
½ teaspoon vanilla
½ teaspoon lemon extract

Preheat oven to 350°. Cream shortening, sugar, and eggs. Mix and sift flour, salt, mace, and baking powder. Add alternately with milk to the creamed ingredients. Add vanilla and lemon extract and beat thoroughly. Pour into greased 10-inch tube pan and bake for 1 hour.

Sue O’Donnell, Claymont, Del.
ORANGE SLICE CAKE

1 pound gum orange slices, chopped
8-ounce package dates, chopped
2 1/2 cups flour
1/2 pound margarine
2 cups sugar
4 eggs
1/4 teaspoon salt
1 teaspoon vanilla

1 teaspoon rum extract
1 cup buttermilk
1/2 teaspoon baking soda
2 cups pecans, chopped
3 1/2-ounce can flaked coconut (optional)
2 cups confectioner's sugar
1/2 cup orange juice

Preheat oven to 300°. Combine orange slices and dates; dust with 1/2 cup flour and set aside. In separate bowl, cream margarine, sugar, and eggs. Add salt, vanilla, and rum extract. Dissolve baking soda in buttermilk and add to creamed mixture. Stir in orange slices and dates. Add remaining 2 cups flour, gradually mixing well. Add nuts. Fold in coconut. Pour into well-greased and floured tube pan and bake for 1 hour and 50 minutes or until done. Remove from oven, run knife around sides to loosen. Dissolve the confectioner's sugar in the orange juice. Pour mixture over cake and cool in pan.

Mrs. Sidney Collison, Dover, Del.
PETIT FOURS

Yield: about 30

2 cups cake flour, sifted twice          4 egg whites, stiffly beaten
3 teaspoons baking powder               6 cups confectioner's sugar
¼ teaspoon salt                         5 tablespoons water
½ cup butter, softened                  5 tablespoons corn syrup
1 teaspoon vanilla                      1 teaspoon vanilla
1 cup sugar                             3 drops food coloring
½ cup milk

Preheat oven to 375°. Sift flour twice, then sift flour, baking powder, and salt together. Cream butter, 1 teaspoon vanilla, and sugar together until fluffy. Add dry ingredients and milk alternately. Fold in stiffly beaten egg whites. Pour into 2 greased 9-inch pans or an oblong pan. Bake about 25 minutes.

Cool, then cut into 2-inch squares or use cookie cutters. Brush off crumbs, arrange on wire racks and place racks on waxed paper.

Make fondant by combining confectioner's sugar, water, corn syrup, 1 teaspoon vanilla, and food coloring in top of double boiler. Heat until mixture is thin enough to pour. Pour melted fondant slowly over cakes. Cover cakes twice with fondant. Decorate as desired.

Irene Cole, Wilmington, Del.
PINEAPPLE CASHEW CAKE

1½ cups butter
1¼ cups sugar
1 teaspoon salt
1 teaspoon vanilla
4 egg yolks
2½ cups cake flour
3 teaspoons baking powder
¾ cup milk

9 ounces crushed pineapple, chopped
3 egg whites
3 cups confectioner’s sugar
½ cup (4 ounces) coarsely chopped and toasted cashew nuts

Preheat oven to 350°. Cream ¾ cup butter, sugar, ½ teaspoon salt, and vanilla well. Add 3 egg yolks and continue creaming until light and fluffy. Sift flour and baking powder three times. Add alternately with milk. Add 5 ounces chopped crushed pineapple to batter, mixing until smooth. Whip 3 egg whites stiff, but not dry. Fold in lightly, but thoroughly. Divide into 2 greased 9-inch cake pans. Bake for 25 to 30 minutes in preheated oven.

Make icing by creaming ¾ cup butter, confectioner’s sugar, and ½ teaspoon salt. Add 1 egg yolk and continue creaming until light and fluffy. Add remaining chopped crushed pineapple (slightly drained) and mix well. Ice cake and sprinkle with chopped and toasted nuts. Guests will ask for the recipe for this extra good flavor cake.

A favorite with my family taught to me by my father when I was a little girl. Enjoy!

Kim Roseman, Wilmington, Del.
PINEAPPLE U P S I D E - D O W N C A K E

Serves 8

2 tablespoons margarine 1½ cups sugar
3/4 cup brown sugar 1/2 cup of boiling water
7 slices pineapple 1 1/2 cups sifted flour
7 maraschino cherries 1 teaspoon baking powder
3 eggs, separated 1/4 teaspoon salt

Preheat oven to 325°. Melt margarine in thick-bottomed 9-inch pan, 3 1/2 inches high and a little curved where bottom and sides join. Add brown sugar, spread this mixture evenly over bottom of pan. Place 1 slice of pineapple in center and 6 slices around it with a cherry in center of each slice. Beat 3 egg yolks with electric beater until light and lemon colored. Add 1/2 cup sugar and beat again. Add 1/2 cup boiling water and beat until volume is 5 or 6 times greater than before and the batter falls in folds. Sift together 4 times 1 cup of sugar, sifted flour, baking powder, and salt; fold into the batter. Fold in the 3 egg whites that have been beaten to soft, moist peaks. Pour over pineapple slices in the pan. Bake for 45 minutes. Cool. Turn out onto cake plate.

Evelyn Tryon, Claymont, Del.
CATHARINE’S KENTUCKY POUND CAKE

Serves 12

1 cup butter
2 cups sugar
1 cup buttermilk
3 cups flour, sifted
1/2 teaspoon salt

1/2 teaspoon baking powder
1/2 teaspoon baking soda
4 eggs
1 teaspoon vanilla or lemon extract

Preheat oven to 350°. Cream butter and sugar. Add buttermilk, then sifted flour, salt, baking powder, and baking soda. Add the eggs. Beat, then add vanilla. Bake in greased 10-inch tube pan for 1 hour.

Use your favorite frosting. Dust a cake lightly with sifted confectioner’s sugar before putting on icing, and it will keep the icing from running down the sides of cake.

Catherine Marsh
SOUR CREAM POUND CAKE

Serves 8 to 10

1 cup butter
2½ cups sugar
5 eggs
3 cups all-purpose flour
Dash salt

¼ teaspoon baking soda
1 cup sour cream
1 teaspoon vanilla
1 teaspoon lemon extract

Preheat oven to 350°. Cream butter and sugar. Add eggs, one at a time,, beating well after each addition. In a medium bowl, sift together flour, salt, and baking soda. With mixer on low speed, add flour mixture alternately with sour cream to butter mixture, beginning and ending with dry ingredients. Stir in vanilla and lemon extract. Pour batter into greased and floured 10-inch tube pan. Bake about 1 hour or until done. Cool in pan about 15 minutes, then remove and cool completely.

Freezes well!

Elinor Evans, Wilmington, Del.
BUTTERED RUM CAKE

1¼ cups plus 2 tablespoons butter, softened
3¾ cups sugar
6 eggs, separated
3 cups all-purpose flour
¼ teaspoon baking soda

8-ounce container sour cream
1 teaspoon vanilla
1 teaspoon lemon extract
3 tablespoons rum
3 tablespoons water
½ cup chopped walnuts

Preheat oven to 325°. Cream together 1 cup softened butter, gradually beating in 2½ cups sugar. Add egg yolks one at a time, beating well after each addition. Combine flour and baking soda. Add flour and sour cream alternately to the butter mixture, beginning and ending with the flour. Stir in flavorings. Beat egg whites at room temperature until foamy; gradually add ½ cup sugar, 1 tablespoon at a time, beating until stiff peaks form. Fold egg whites into batter.

Pour batter into a greased and floured 10-inch tube pan. Bake for 1½ hours or until a wooden pick inserted in center comes out clean. Cool cake in pan 10 to 15 minutes.

While cake is cooling, make the glaze by combining ¼ cup plus 2 tablespoons butter, rum, ¼ cup sugar, and 3 tablespoons water in a small saucepan; bring to a boil. Boil mixture, stirring constantly for 3 minutes. Remove from heat and stir in walnuts.

Remove still-warm cake from pan and place on a serving plate. Prick cake surface at 1-inch intervals with a wooden pick or meat fork. Pour warm butter rum glaze over cake. Let cake cool to room temperature before serving.

Mayor B. J. Hardin, Blades, Del.
SOUR CREAM CAKE

Serves 10 to 12

½ cup butter
1¼ cups sugar
2 eggs
2 cups flour, sifted
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
1 cup sour cream
1 teaspoon vanilla
½ cup brown sugar
½ teaspoon cinnamon
1 cup walnuts

Preheat oven to 350°. Cream butter and 1 cup sugar. Add eggs. Sift together flour, baking soda, baking powder, and salt. Add to butter alternately with sour cream. Add vanilla.

In separate bowl, mix brown sugar with remaining white sugar, cinnamon, and nuts. Spread ½ batter in greased and floured 13- by 9-inch pan; sprinkle with half the nut-sugar mixture. Cover with rest of the batter and top with remaining nut-sugar mixture. Bake for 35 minutes.

Grace Pryslak, Wilmington, Del.
SOUR CREAM TORTE

Serves 12 to 15

3 cups sifted flour  2 cups walnuts
⅔ cup sugar  2 cups sour cream
1 cup butter or margarine  1½ cups confectioner's sugar
1 egg  1 teaspoon vanilla

Preheat oven to 350°. Mix flour and sugar together in bowl. Work in butter with pastry blender or knife until mealy. Stir in unbeaten egg and mix with hands until dough holds together. Divide dough into 7 parts. Roll each part into a 9-inch circle on a lightly floured and greased cookie sheet. Use a 9-inch pie pan as a guide. Bake 10 to 12 minutes or until the edges begin to brown lightly. Cool and remove from sheet with a spatula.

Make filling by mixing thoroughly together walnuts, sour cream, confectioner's sugar, and vanilla. Spread layer of filling between each layer of torte, piling the layers on top of each other. Sprinkle the top with additional confectioner's sugar. If Christmas, use the colored sugar. Let mellow in the refrigerator for 5 hours or longer. Cut into wedges and serve.

No need to improve on this old time treat.

Irene C. Cooley, Claymont, Del.
STRAWBERRY 7-UP CAKE  
*Serves 10 to 12*

1 pound 2½-ounce box yellow cake mix       1⅛ cups cold water
3 eggs                                           ¼ cup frozen strawberries,
¼ cup vegetable oil                                chopped
1 cup 7-Up                                        ¾ cup evaporated milk
1 small box strawberry gelatin dessert mix       1 package instant vanilla pudding
½ cup hot water                                    1 small frozen whipped topping

Preheat oven to 350°. Combine cake mix, eggs, oil, and 7-Up and mix thoroughly. Bake in 9- by 13-inch pan for 35 minutes. Cool; when cooled make holes in the cake with chopstick (or something that size) making holes 1 inch apart.

Dissolve gelatin mix in hot water, add ½ cup cold water and berries. Pour cooled solution into holes of cake and over entire cake.

Make frosting by mixing evaporated milk, ¾ cup cold water, and vanilla pudding thoroughly. Fold in thawed whipped topping. Frost the cake; decorate with strawberries.

*Variation:* Instead of pouring the strawberry gelatin mixture over the cake, melt a ¼ pound of butter and pour over the cake while still hot.

Lois Braden, Gurnee, Ill.
MARTHA WASHINGTON CAKE

Serves 8

1 cup solid vegetable shortening
2 cups sugar
4 eggs, separated
1 teaspoon vanilla

3 cups all-purpose flour
1/4 teaspoon salt
3 teaspoons baking powder
1 cup milk

Preheat oven to 350°. Thoroughly cream shortening and sugar. Add egg yolks and vanilla, beating well. Sift dry ingredients together and add to batter with milk. Beat egg whites until stiff. Fold in egg whites. Bake in 3 8-inch round cake pans lined with waxed paper for 30 minutes.

Scrumptious is putting it mildly! Great with fresh strawberries and whipped cream.

Mrs. Harold Clouser, Sr., Wilmington, Del.
FROSTINGS AND ICINGS

CHOCOLATE PEANUT BUTTER FROSTING

Yield: frosting for 8-inch layer cake

\[
\frac{1}{2} \text{ cup peanut butter} \quad 6 \text{ tablespoons light cream}
\]
\[
\frac{1}{4} \text{ cup butter} \quad 1 \text{ teaspoon vanilla}
\]
\[
2 \text{ cups confectioner's sugar}
\]
\[
2 \text{ 1-ounce squares unsweetened chocolate, melted}
\]

Cream together peanut butter and butter. Slowly beat in confectioner's sugar and melted chocolate until smooth. Add cream and vanilla; beat until smooth.

Helen Reher, New Castle, Del.

SIMPLE CHOCOLATE ICING

Yield: icing for 8-inch cake

\[
1\frac{1}{2} \text{ cups confectioner's sugar, sifted} \quad 1 \text{ ounce (1 square) unsweetened chocolate, melted and cooled}
\]
\[
1 \text{ egg yolk (large egg)} \quad 3 \text{ tablespoons light cream}
\]
\[
2 \text{ tablespoons butter} \quad 1 \text{ teaspoon vanilla}
\]

Combine all ingredients in a deep bowl and beat with electric mixer at medium speed until smooth.

E. Winn, Kent Co., Del.
SEVEN MINUTE
COCONUT ICING

Yield: icing for 8-inch layer cake

2 egg whites  
1 1/2 cups sugar  
5 tablespoons water

1 1/2 teaspoons vanilla  
1 fresh coconut, grated

Combine unbeaten egg whites, sugar, and water in top of double boiler, mixing well. Place over boiling water and beat with beater for exactly 7 minutes. Remove from heat and stir in vanilla, beating until thick.

Ice one layer, sprinkling some of the freshly grated coconut over icing. Add second layer, ice and sprinkle remaining coconut on top and sides.

If cooked frosting becomes too sugary, add a little lemon juice.

Catherine Warner

FOUR MINUTE
FUDGE FROSTING

Yield: frosting for two 8-inch layers

1/2 cup evaporated milk  
3 ounces unsweetened chocolate  
3 1/2 to 4 1/2 cups confectioner’s sugar, sifted

1/4 cup softened butter or margarine

Heat milk with chocolate until chocolate melts (about 3 minutes). Remove from heat. Add confectioner’s sugar, 1 cup at a time, to spreading consistency. Stir in butter. Blend.

Rena Howard, Claymont, Del.
FLUFFY ORANGE ICING

Yield: icing for 10- or 12-inch cake

4½ ounces cream cheese (1½ 3-ounce packages) 1½ tablespoons grated orange rind (about 2 oranges)
2¼ cups confectioner’s sugar, sifted

Cream cream cheese until light and fluffy. Gradually add confectioner’s sugar. Beat well. Stir in grated orange rind. If too thick to spread, add a few drops of orange juice.

Mary Jane Reibsome

WHIPPED CREAM FROSTING

1 cup heavy cream ½ to 1 teaspoon flavoring:
¼ cup sugar vanilla, almond extract or orange extract (optional)

Combine cream with sugar. Chill in refrigerator at least 2 hours. Beat with rotary beater or electric mixer until stiff. Add flavorings of your choice if desired.

Anne Barr, Claymont, Del.

CHOCOLATE CREAM CHEESE FROSTING

Yield: frosting for 9-inch cake

3 ounces cream cheese 3 squares chocolate, melted
¼ cup milk 1 teaspoon vanilla
3½ cups confectioner’s sugar ½ teaspoon salt


Diane Clifford, Claymont, Del.
LEMON BUTTER

Yield: 3½ pints

1½ pound butter 12 eggs
2 pounds sugar
6 lemons, rind and juice (should make 1½ cups of juice)

In the top of a double boiler melt butter; then add sugar, lemon rind, and juice; then add eggs. Stir with a wooden spoon; cook until thick.

Good on toast, biscuits, etc.

From our late member Mary Taylor, submitted by the Friends Meeting House
SUMMERTIME STRAWBERRY BUTTER

Yield: ¾ cup

3 tablespoons butter  6 tablespoons strawberry jam
3 tablespoons cream cheese

Cream butter and cheese until light and fluffy. Add jam. Stir until well blended and creamy. Place in covered dish and chill.

Makes enough for 12 slices of hot toast.

Madilene A. Harling

HOT PEPPER JELLY

Yield: 6 8-ounce jars

2 large green peppers (2 cups), sliced  1½ cups cider vinegar
2 long green chili peppers (3 to 4 tablespoons), chopped  5½ cups sugar
Green food coloring (optional)
6 ounces liquid fruit pectin

Combine peppers in bowl. Place ½ in container of electric blender with ½ cup vinegar; whirl until almost smooth. Repeat. Add remaining ½ cup vinegar and whirl to rinse container. Place in kettle. Add sugar and stir well.

Bring mixture to full boil that cannot be stirred down, stirring constantly. Boil for 1 minute. Remove from heat; skim foam off top. Add food coloring. Add pectin, stir well; skim off any foam; cool 5 minutes. Ladle into 6 hot sterilized (8 ounce) glasses or jars. Seal, following manufacturer’s directions. Allow to cool completely before moving glasses.

Delicious served with cream cheese and crackers—or as an accompaniment to meat.

For a holiday touch, use peppers that have turned red.

Ideal for gift giving.

Edna Frampton, Claymont, Del.
HEARN'S PRUNE CONSERVE

Yields: 3½ to 4 cups

7 oranges
7 apples
2 pounds prunes, pitted, chopped
2 ounces sliced almonds
1 quart sugar (4 cups)

Chop or grind apples and oranges finely. Cook prunes until soft; cool. Drain and save the juice; chop prunes into small pieces. Toast almonds in 350° oven until slightly brown.

Combine all ingredients with the sugar. Mix well. Add some of the prune juice if too dry. Refrigerate overnight before serving. Will keep refrigerated approximately 2 weeks.

This conserve is served every day at Hearn's. Two generations of the Hearn family have served Wilmington over 55 years.

Hearn's Restaurant, Old Brandywine Village, Wilmington, Del.

CROCKPOT APPLE BUTTER

Yield: 2 quarts

2 to 3 pounds apples, pared
and sliced (preferably Stayman or Jonathan apples)
4 cups sugar
3 teaspoons cinnamon
Dash of cloves

Fill Crockpot with apples. Cook 18 hours on slow. Do not lift lid. Put the cooked apples through a ricer if a smooth consistency is desired. Put apples back in pot and add sugar, cinnamon, and cloves. Cook 4 more hours on low.

Fifer Orchards, Wyoming, Del.
SWEET PICKLE CHIPS

Yield: about 6 pints

15 medium sized cucumbers
1 quart cider vinegar
4 cups sugar
1 tablespoon salt

1¾-ounce package whole mixed pickling spice (Pick out red pepper from mix.)

Wash cucumbers. Slice crosswise into ⅛-inch thick slices; put them in a large container. Pour boiling water over them. For the next 3 days, drain the cold water from cucumbers and pour more boiling water over them. On the fifth day, drain cucumbers. Mix together vinegar, sugar, salt, and spices. Bring to a boil and pour over cucumbers. For the next 4 days, drain this liquid from the cucumbers into a pot, reheat it to boiling and pour back. On the fifth day, drain liquid, boil, pour over pickles and seal in jars while hot.

Ruth West, Laurel, Del.

CRANBERRY-PINEAPPLE RELISH

Yield: 8 cups

2 16-ounce cans pineapple chunks in heavy syrup
2 12-ounce packages cranberries
2 cups sugar
2 cups dark seedless raisins

1 tablespoon minced preserved ginger
2 teaspoons salt
½ teaspoon ground allspice

Drain pineapple, reserving ½ cup syrup. In a 4 quart saucepan over High heat, heat cranberries, sugar, raisins, ginger, salt, allspice and reserved pineapple syrup; boil stirring constantly. Reduce heat to Low, cover and simmer 10 minutes or until the cranberries pop. Add pineapple chunks, continue cooking 5 minutes or until mixture thickens slightly. Cover and refrigerate to use within 2 weeks. Serve as an accompaniment to roast turkey, duckling, chicken, grilled pork chops or baked ham.

Nancy A. Morris, Dover, Del.
GARDEN VEGETABLE RELISH

Yield: 8 to 10 pints

12 medium onions (4 cups, ground) 1/2 cup salt
1 medium head cabbage (4 cups, ground) 6 cups sugar
10 green tomatoes (4 cups, ground) 2 tablespoons mustard seeds
12 green peppers 1 tablespoon celery seeds
6 sweet red peppers 1 1/2 teaspoons tumeric

In an old-fashioned hand grinder, grind vegetables, using a coarse blade. Sprinkle with salt; let stand overnight. Rinse and drain. Combine remaining ingredients; pour over vegetables. Heat to boiling. Simmer a good 3 minutes. Be sure to stir occasionally to ensure relish is well mixed and all vegetables are being cooked through. Seal in hot, sterilized jars.

This relish was a favorite and now is being made by the fourth generation of my family. It was always necessary to make twice the amount as friends would laughingly put their order in!

Evelyn Gross Culver, Lewes, Del.

HOT DOG RELISH

Yield: 7 pints

30 green tomatoes 6 cups sugar
12 green peppers 1 1/4 teaspoon red or black pepper
12 onions 1 teaspoon dry mustard
1 cup salt 1 teaspoon allspice
4 cups vinegar

Grind tomatoes, peppers and onions in meat chopper. Add salt and let stand four hours. Put vinegar and sugar in a kettle and let come to a boil. Drain the chopped vegetables well and add with spices to boiling vinegar and sugar mix. Bring back to a boil and boil ten minutes. Can at once in hot sterile jars. Uses up the garden leftovers and is so delicious we eat it straight.

Claudia Bushman, Newark, Del.
Taste of Tradition

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MUSHROOM "TIDBIT" SANDWICHES (1905)

Wash and trim (but do not peel) about a pound of mushrooms. Chop them, stems and all, rather finely in a wooden chopping bowl. Add some minced onion.

Heat 2 or 3 tablespoons of butter in a heavy skillet and add the mushrooms. Sprinkle with salt, pepper and a good squeeze of lemon juice. Stir to blend and cook very slowly for about 5 minutes or until soft. Then dust with 1 or more tablespoons flour. Blend and add milk, stirring to a medium sauce. (Be sure flour is cooked.)

One tablespoon or more of sherry may be added to enhance the taste. Cool and store in refrigerator where mixture will stiffen up for spreading consistency. (If too stiff, it can be diluted with cream or sherry.)

Spread between very thin slices of buttered white or whole wheat sandwich bread. Trim crusts and cut each full-sized sandwich into tea-sized "fingers." Garnish with watercress or parsley.

This recipe can be varied according to the judgment of the cook and to modernize, may also be used as a dip—hot or cold.

Katherine B. Milligan, niece of Delaware's artist Robert Shaw, writes:

One of my special memories of childhood is helping my aunts gather mushrooms in the lower pasture of their Penny Hill farm. That was a long time ago!

Katherine B. Milligan, Orleans, Mass.
“LUXURY” SANDWICH FILLING

2 cups cold ham
1 cup walnut meats
1 cup pimento stuffed olives, sliced
1½ tablespoons sugar
Pinch of salt
Dash of cayenne
1 cup salad dressing

Grind the ham using a little ham fat. Cut walnuts into small pieces. Combine walnuts, sliced olives, sugar, salt, and a good dash of cayenne. Mix with salad dressing and use at once.

Lillie Atkins, circa late 1800’s

BEVERAGES

CHOCOLATE GINGER ALE (1905)

Place 2 tablespoons of basic chocolate sirup in a large glass. Add 1 tablespoon of thick cream and some crushed ice. Continue filling glass with ginger ale; stir well and serve.

BASIC CHOCOLATE SIRUP

1 cupful of sugar
½ cupful of cocoa
¾ cupful of hot water
1-inch stick of cinnamon
2 tablespoons of strong coffee
1 teaspoon of vanilla
¼ teaspoon of salt

Blend the sugar and cocoa together. Add hot water and cinnamon and simmer for 10 minutes. Cool. Remove the cinnamon stick, then add the coffee, vanilla, and salt. Cover and store in a cold place until needed. It will keep indefinitely.

Raymond W. Dill, Dover, Del.
DANDELION WINE (1885)

3 quarts dandelion blossoms  2 lemons, juice only
3 quarts boiling water       2 oranges, juice only
3 pounds sugar              1 yeast cake or packet

Scald blossoms by pouring boiling water over them. Let stand overnight in a stone crock; then strain and squeeze out all the juice. Add remaining ingredients to juice. Put in a keg or jug. Let stand, uncovered, to ferment—about 6 weeks. Pour into bottles and cork tightly. Keep in a cool place for storage.

Children used to be paid a penny a quart to pick the dandelion blossoms.

GOVERNOR LEA’S SPECIAL EGGNOG

Yield: ½ gallon (easy to increase)

1 dozen eggs, separated  ½ pint brandy
4 to 7 tablespoons sugar  1 pint heavy cream
½ pint dark Jamaican rum  1 pint milk

Beat egg yolks. Add sugar, rum, brandy, cream, and milk. Beat egg whites until stiff peaks form. Fold in stiffly beaten egg whites. Let stand overnight. Refold the egg whites which will rise to top. Add more milk to taste.

A favorite of my father’s, former Delaware Governor Preston Lea. 1905–1909

Louise Lea Nowland, Wilmington, Del.
HOT EGGNOG
(circa 1791)

Serves 10

6 eggs
3 pints of water, boiling
1 quart rich milk
1 quart Delaware apple brandy
Nutmeg

Beat the eggs well. Slowly add the boiling water, stirring constantly. Add milk and brandy. Sweeten to taste and add nutmeg to flavor.

HAYMAKER’S SWITZEL

1 cup brown sugar
½ teaspoon ginger
½ cup molasses
¾ cup vinegar
2 quarts water


In the haying season farmers used to take their “nooning” (midday dinner) with them, which included a jug of switzel to wash the meal down. Although switzel was usually straight, farmers have been known to spike it with hard cider or even brandy, which Down Easterners used to say “got the hay in the barn in half the time.” Before ice houses, jugs of switzel were cooled in springhouses or hung in the well.

Cookbook Committee
OLD DELAWARE PUNCH

3 cupfuls of sugar
3 quarts of water
1 cupful of strong black tea
Juice of 12 oranges

Juice of 12 lemons
1 can of pineapple chunks
1 pint of ginger ale
1 pint of grape juice

Boil the sugar and water together for 8 minutes; add the tea, and chill. When thoroughly chilled, add the remaining ingredients, pour over ice in tall glasses, and serve.

SCHROEDER FAMILY PUNCH

One fifth of Jamaican dark rum (¼ quart)
2 to 4 bottles carbonated water, to taste
4 bottles champagne

1 quart orange sherbet, frozen into mold
Orange slices, if desired
Extra ice

Mix rum, water, and champagne in large punch bowl. Float sherbet in punch. Add extra ice, if necessary. Float orange slices.

A family favorite belonging to my great grandmother.


SYLLABUB (1807)

Sweeten a gallon of cider with crushed maple sugar. Do not stint on the sweetening! Grate a nutmeg on top. Then milk the cow into this mixture. Drink while warm and foamy.
SYLLABUB—An Old Receipt

1 quart milk
1 pint heavy cream (more, if wanted)
6 tablespoons sugar
4 tablespoons rye whiskey (that's really old—sure enough Moonshine) or 1/2 cup sherry

Churn, as the foam rises, skim off and serve. Churns best in a gallon bucket.

Two requirements:
1. A syllabub churn.
2. A strong armed cook or one half dozen young folks to do the churning. Occasionally syllabub was made by placing the bowl of wine under the cow and milking directly into it. Since new milk is naturally very foamy, the usual chore of beating was thus avoided.

Claymont Sampler cookbook, 1976

SHELLPOT PARK PUNCH

1 pint grapefruit juice
1 pint orange juice
1 pint grape juice
1 cup lemon juice
1 #2 can pineapple juice
1 1/2 cups sugar syrup
2 quarts ginger ale
Block of ice

Chill all fruit juices. Combine with sugar syrup and turn into punchbowl over block of ice, adding ginger ale at the moment of serving.

Sugar syrup:
Boil together for 5 minutes equal parts sugar and water. Store closely covered in refrigerator. One and one-fourth tablespoons of this syrup equals 1 tablespoon sugar in sweetening power.

Having lived across the street from Shellpot Park when I was all of 8 years old, I can still remember the rides, Sunday concerts, and refreshments. Such beautiful memories from the early 1900s.

Irene Millard
CHERRY BOUNCE

To 1 gallon of wild cherries, add enough whiskey to cover the fruit. Let soak 2 or 3 weeks and then drain off the liquor. Mash the cherries without breaking the stones and strain through a jelly bag; add this liquor to that already drained off. Make a syrup with a gill of water and a pound of white sugar to every 2 quarts of liquor thus prepared; stir in well, bottle and tightly cork. A common way of making Cherry Bounce is to put wild cherries and whiskey together in a jug and use the liquor as wanted.

Gladys O’Brien, Woodstown, N.J.
The Cherry Bounce receipt was taken from the White House Cookbook, 1887, belonging to Mrs. O’Brien’s mother.

SALADS

FRUIT SALAD

Apples, white grapes, English walnuts and celery.

Mrs. Lewis Mustard, sister of Delaware State’s Governor Ebe Tunnel, 1897-1901, Lewes, Del.

MRS. PROCTOR’S “COLD SLAW” (1880)

Cut cabbage fine and sprinkle with salt and dry mustard. Break one egg over all and stir up good with a fork.

Now put ¾ cup mild vinegar and 1 tablespoon sugar and heat hot, then pour on cabbage mixture and stir good.

Now squeeze cabbage out good, add 1 tablespoon flour and boil the liquid until it thickens, being as it scorches easily. Pour this mixture over cabbage and eat, drink, and be merry.

Mrs. H. Proctor
EGGS

SCRAMBLED EGGS

Serves 6 to 8

Put a tablespoonful of butter, a gill of milk, a saltspoonful of salt; half as much pepper, and a tablespoonful of minced parsley in a frying pan. When the mixture boils, break and stir into it eight or ten eggs. Beat and stir until they are well mixed and cease to run over the pan. Line a dish with crustless toast dipped in hot milk, salted, peppered, and buttered, and pour the eggs on this bed.

From cookbook collection of Anna Kate Williams Beauchamp (1889), mother of Margaret James, Selbyville, Del.

LAWS OF DELAWARE FROM 1700–1797

Penalty for any worldly employment on the Lords Day (Sunday) was $4.00 or 24 hour imprisonment

Penalty on peddlers and traveling persons selling goods on Sunday was $8.00 or 2 days in prison.

Fishing, hunting of game, gambling or dancing on Sunday was $4.00 or 24 hours imprisonment

To the Bell-ringer of the General Assembly the sum of .33¢ was paid each day
3 tablespoons shortening
⅔ cups sugar
1 egg
⅔ cup milk
1 teaspoon nutmeg

⅓ teaspoon salt
3 cups flour
4 teaspoons Royal baking powder


The fat should be in a deep kettle and hot enough to brown a piece of bread in 60 seconds or the doughnuts will absorb grease.

Light, tender and digestable.

Colony Club Cookbook (1920)
Submitted by Lizzie McKeown
SUSSEX COUNTY DOUGHNUTS

1 cup mashed white potatoes (hot) 1 cup milk
2 tablespoons butter
1½ cups sugar
2 eggs
1 cup flour

½ teaspoon salt
1 teaspoon vanilla (optional)
1 grated nutmeg
3 cups flour
2½ teaspoons baking powder

Make a cream of potatoes, butter, sugar, and eggs. Add milk, salt, vanilla, nutmeg, and flour which has been sifted with baking powder. Add flour enough to make a stiff dough which can be rolled ½ inch thick. Shape the dough into doughnut size by cutting with top of about a 3-inch top glass or other round shape. The center hole may be cut by use of a thimble.

Fry in hot fat about 3 inches deep. When brown, drain on a wire sieve until cold. Sprinkle with pulverized sugar. This recipe will make about 50 doughnuts. May pack in deep new lard can, lined with wax paper.

Mrs. King would make these doughnuts in her Milton, Del., home during the afternoon of Christmas Eve and would not permit anyone to come into the kitchen when she was cooking. Friends and relatives would come Christmas Eve to eat the doughnuts served with grape juice made from grapes of her farm vineyard. Mrs. King followed this recipe from about 1910 until 1970.

Bertha King, submitted by her daughter Mary K. Morgan
MA MA WALTON'S DUMPLINGS

2 cups flour  2 tablespoons lard
1 teaspoon baking powder  1 egg
1 teaspoon salt

Sift together the dry ingredients; combine with the lard. Beat egg slightly, then add the egg plus water for a doughlike consistency. Roll and cut into diamond shapes. Cook in hot broth (chicken or beef) for 10 minutes.

Great with chicken pot pie or beef pot pie. Popular in the 1920s.

Hester Walton, Wilmington, Del.

SUSSEX COUNTY DUMPLINGS

3 cups flour (all purpose)  1 teaspoon salt

Mix with warm (not hot) seasoned broth (do not have broth too greasy). Knead thoroughly until smooth; roll out thin to 2½- or 3-inch squares. Drop in rapidly boiling, seasoned broth. Boil about 3 minutes; reduce heat and boil about 15 minutes or until done. Stir occasionally.

Eighty-six-year young Dorothy Burton has made dumplings from this popular recipe at many Sussex County Church suppers.

Dorothy Burton, Milton, Del.
MUSH CAKES

1 pint corn meal 1 teaspoon salt
1 quart flour ½ cake Fleischman's yeast
1 quart boiling water

Stir into the corn meal enough cold water to wet it thoroughly. Stir this into the boiling water in which the salt has been put. Cook the mush thoroughly. Cool.

Dissolve the yeast in ½ cup lukewarm water. Stir this and flour into mush. Cover and set in a warm place to raise about 3 hours.

Bake on a griddle, not too hot, allowing a tablespoon to a cake. To prevent the batter from sticking to spoon, dip spoon into cold water each time.

Mrs. R. P. Robinson, Sr., wife of Delaware's former governor, Robert Pyle Robinson, 1925-1929.

Submitted by Mrs. R. P. Robinson, Jr., Wilmington, Del.
ORANGE BISCUITS

Yield: 12 to 15 medium biscuits

2 cups sifted soft-wheat flour (pastry) 2 tablespoonfuls grated orange rind
4 teaspoonfuls baking powder 3 tablespoonfuls fat (shortening)
¾ teaspoonful salt ½ cup milk
2 tablespoonfuls sugar

Sift the dry ingredients, add orange rind and fat; mix well with the tips of the fingers. Make a well in the mixture; add the milk slowly and stir from the center with a fork until a medium-soft dough is formed. Toss onto a lightly floured board and knead a few seconds until smooth. Press into a sheet about ½ inch thick with the palm of the hand, and cut into rounds. Bake at 450° for 12 to 15 minutes.

You may add ½ teaspoonful orange marmalade on top of each biscuit before baking.

A du Pont family recipe
Compliments of Hagley Museum and Library, Wilmington, Del.

WHITE POTATO ROLLS

2 cups potatoes
½ cup lard
2 eggs
2 tablespoons sugar
Pinch salt
1 cup yeast
Flour

Put potatoes through a sieve. Beat the hot potatoes into the lard and add eggs, sugar, and salt. To this, add the yeast. Let lighten, then knead in enough flour for a soft dough. Let lighten again. Make out and place in a pan not touching each other. Bake about 20 minutes in a hot oven.

Mrs. Edward Tunnell, cousin of Delaware’s fifty-second governor, Ebe W. Tunnell
ANN BOWERS
SUTLIFFE VALLIANT’S
BOSTON BROWN BREAD

1 cup granulated corn meal
2 cups graham flour
1 tablespoon brown sugar
¾ tablespoon soda
2 teaspoons salt
¾ cup molasses

2 cups sour milk (or 1½ cups sweet milk or water)
½ cup currants
½ cup raisins
½ cup chopped nuts

Mix dry ingredients together and sift. Add molasses and milk, stirring until well mixed. Add currants, raisins, and nuts. Pour into well buttered 1-pound molds until no more than ⅔ full. Bread pans may also be used but cylindrical molds are best.

Cover containers with lids or waxed paper; tie with string. Steam for 3 hours, after which place in hot oven to dry and brown for 5 minutes before removing from can.

Joseph M. Brumbley, Sr., Wilmington, Del.
CORN MEAL PONE

9 cups white corn meal, sieved  1 cup sugar
4 cups flour  1 cup King Port rich molasses
2 to 3 quarts boiling water  4 teaspoons salt
1 cup flour  1 teaspoon baking soda

Scald the cornmeal with boiling water until of fairly thick consistency. Add flour, 1 cup at a time with at least 1 cup warm water each time until flour is gradually used up. Let set for 6 hours. Add sugar, molasses, salt, and baking soda. Batter is similar to pancake batter.

Oil or grease an iron dutch oven or 2 heavy aluminum roasters (9- by 3½- by 4 inches). Bake at 350° for ½ hour or little brown; then put lid on. Bake at 225° for 6 hours.

It was a Sussex County custom to prepare the pone mixture on a Saturday afternoon; then put in oven early that evening and let bake all night, getting up on schedule to put wood in the stove. The pone was a delicacy at Sunday morning breakfast, adding butter upon the slices.

This recipe was inherited from my grandmother and dates back to the early 1800s.

Martha Donovan, Milton, Del.

OLD-FASHIONED PONE BREAD

Pour 4 cups boiling water over 3 cups of corn meal. Beat well. Add 2 cups of cold water. Beat well. Add 1 cup flour, 1 teaspoon salt, ¼ cup sugar, ¼ cup of molasses, and 2 eggs. Beat thoroughly. Pour into well-greased Iron Spider or iron frying pan. Cover and bake in 350° oven for 1 to 1¼ hours. Turn off oven and leave in while oven cools.

Recipe handed down from my grandmother.

Catherine Pusey, Ocean View, Del.
JOHNNY CAKE RECIPE, with Over-100-Year-Old Rhyme

2 cups corn meal 1 egg, well beaten
1 cup flour 1 cup sour milk
1 tablespoon butter 1 teaspoon soda
1 cup sweet milk 1 teaspoon salt

Two cups of Indian,* 1 cup of wheat,* 1 cup of sour milk, 1 cup of sweet, 1 good egg, that will you beat, 1 tablespoon of butter new. Salt and soda, each a spoon; mix up quick and bake it soon. 45 minutes to 1 hour bake—fast oven (400°).

Then you have corn bread complete. Best of all corn bread to eat! It will make your boy’s eyes shine. If he is like that boy of mine. ’Tis fit to set before any king that husband home might bring. Persons who eat mother’s Johnny Cake thought it couldn’t be eat. I have cooked for others and they ask for the receipt.

*2 cups of Indian means that amount of corn meal
*1 cup of wheat stands for regular flour.

Bertie Willing, Nanticoke, Md.

NUT BREAD

1 cup sugar 3 cups flour
1 egg 3 teaspoons baking powder
1½ cups milk 1 cup chopped English walnuts
1 teaspoon salt ½ cup seedless raisins (optional)

Preheat oven to 325°. Mix first 6 ingredients thoroughly. Add chopped walnuts and raisins. Pour into buttered loaf pan. Let stand 20 minutes. Bake for 1¼ hours.

Marian G. Clopp, Wilmington, Del. (circa 1935)
JOCAKE (HOCAKE) BREAD

2 cups flour     A little sugar (5 tablespoons)
Pinch of salt (½ teaspoon)   ½ cup shortening
3 teaspoons baking powder  ⅔ cup milk

Mix the dry ingredients in a bowl; add shortening to the mixture and stir in the milk. Blend lightly with a spoon and then knead on a floured board for several minutes. Pat it down and place in a flat baking pan or skillet which has been slightly greased. Bake at 450° for 12 or 14 minutes. It may also be cooked at a very low temperature in an iron skillet on top of the stove. Serve in squares with butter, jam, or fruit toppings.

At 5 A.M., a comely twelve-year-old bride eagerly went into the kitchen to prepare breakfast for her young husband of only twelve hours. Still in awe of the previous day's events and feeling a bit queasy from having swallowed a full bottle of Mrs. Penoloe's Lilac Eau de Cologne in order to smell sweet internally as well as externally on her wedding day, she went about the business of planning a special breakfast for her mister. With the alacrity and skill of an adult she prepared a menu of grits, sausage, fatback, eggs, coffee and a favorite skillet bread topped with blueberries which her dear Indian mother taught her to make. This wonderful bread which my great-grandmother and grandmother made was called Jocake Bread.

Muriel F. Cooper, Wilmington, Del. (early 1800s)
POPOVERS

Yield: 10 popovers

\[
\begin{align*}
\frac{1}{4} \text{ cup butter} & \quad \frac{1}{2} \text{ cup flour} \\
\frac{1}{2} \text{ cup water} & \quad 2 \text{ eggs}
\end{align*}
\]

Boil water and butter together. Add flour; mix and cook 1 minute. Remove from heat and cool slightly. Add eggs, one at a time, mixing well with a Dover beater until batter is smooth.

Drop from tablespoon on a cookie sheet, leaving about 3 inches between. Bake at 450° for 15 minutes. Reduce heat to 350° and bake 30 minutes more.

These may also be poured into hissing-hot greased gem pans and baked about 25 minutes in a hot (450°) oven.

Kathryn Deufel, Claymont, Del. (circa 1915)

OLD-FASHIONED RAISIN BREAD

\[
\begin{align*}
\frac{1}{4} \text{ pound butter} & \quad 6 \text{ cups flour, sifted} \\
2\frac{1}{2} \text{ cups sugar} & \quad 1 \text{ teaspoon salt} \\
\frac{1}{2} \text{ cup lard (}\frac{1}{2} \text{ cup Crisco or } \frac{1}{4} \text{ pound butter may be substituted for the lard)} & \quad 4 \text{ teaspoons baking powder} \\
3 \text{ large eggs} & \quad \text{Pinch nutmeg} \\
2 \text{ cups milk} & \quad 1 \text{ cup dark raisins (slightly boiled and drained)} \\
2 \text{ teaspoons vanilla} & \quad 1 \text{ cup light raisins (slightly boiled and drained)}
\end{align*}
\]

Cream butter, lard, sugar, and eggs, then add milk and vanilla. Mix in dry ingredients and raisins. Blend together. Pour into 3 medium loaf pans, bake in slow oven (325°) for 1\frac{1}{2} hours.

This recipe is at least 125 years old. It was given to my mother when she was 25, and the lady who gave it to her was 80 then.

Mrs. John B. Pitman, Jr., Millville, Del. (circa 1868)
SALLY LUNN

Four cups of sugar, one of butter, one of cream, five eggs, a spoonful of yeast, as much flour as will make it stiff as thick fritter batter. When light bake in a large form. Spice it if you like.

This was a necessary bread for the colonists, and an import from England, whose origin is draped in mystery. The receipt was copied from the original hand-written receipt.

Mrs. Henry Moore Ridgely-1833

MEAT

PORK SAUSAGE

2 pounds ground pork

Spread out in layer on waxed paper. Sprinkle lightly with: Salt, sugar, black pepper, red pepper, and sage. Mix well and shape into patties and fry. Delicious with pancakes or waffles.

Worth a try if you want something different for breakfast.

After 50 years of wedded bliss, this is still a favorite.

Myrtle Mumford, Seaford, Del.
POULTRY AND GAME

DELAWARE CHICKEN STEW

Serves 6

2 onions, sliced 2 teaspoons Worcestershire sauce
2 tablespoons bacon fat 1 pound fresh lima beans
2½ pound fryer, cut up ½ cup okra
Salt and pepper 3 ears green corn
3 cups water 2 tablespoons butter
3 tomatoes, peeled and quartered ½ cup bread crumbs
½ cup sherry

Sauté onions in bacon fat. Season chicken and brown on all sides in bacon fat. Pour off fat and place chicken and onions in heavy kettle. Add water, tomatoes, sherry, and Worcestershire sauce.

Cook slowly over low heat for ½ hour. Add lima beans, okra and corn cut from the cob. Simmer for 1 hour, add butter and bread crumbs and cook ½ hour longer.

From The White House Chef Cookbook by Rene Verdon
Submitted by Kay Aukerman, Claymont, Del.

DRESSING FOR CHICKEN OR TURKEY

Soak bread in water and then squeeze. Beat 1 egg in bowl. Add bread. Dice 1 onion. Add onion and raisins and salt and pepper. Stir well and stuff fowl.

Mrs. John Dreyer
CHICKEN TERRIPIN

1 large chicken.  2 tablespoons flour
1 pint cream or new milk  3 eggs
¼ pound butter

Boil chicken, cut into small pieces, and place in pan with cream. Mix well and let come to a boil; mix flour and butter well together until smooth and add to the rest; season with cayenne pepper and salt; boil the eggs hard and chop whites fine; make the yolks into little balls adding wine and eggs just before taking chicken off the fire.

Mrs. Peter Causey, Delaware’s First Lady, 1855 to 1859
Blue Hens Chicken Cookbook, Milford, Del. (1904)

SEAFOOD

DEVILED CLAMS

3 large clams  ½ green pepper
¼ onion  1 tablespoon butter
1 egg, boiled  ½ cup cooked rice

Grind clams, onion, egg, pepper. Heat clams and butter together until butter melts. Add remaining ingredients. Place mixture in shells and bake with cracker crumbs on top. (There are no temperatures given in these old recipes, naturally, because they were all done in a wood cook stove.) This mixture may also be made in a casserole; and, if using shells, they may be frozen.

Margaret Zebly Adkins — 1886

Mrs. Adkins was the wife of Custis Adkins, captain of various buoy boats, including The Iris, from 1881 to 1933. The Iris served under the Lighthouse Service maintaining wooden buoys, which is performed now by the United States Coast Guard.
CLAM FRITTERS

1 cup flour 1/4 cup milk
1/4 teaspoon salt 2 eggs, beaten
1/4 teaspoon pepper 12 clams, raw, chopped
1/4 cup clam liquor 1 teaspoon butter

Mix and sift flour, salt, and pepper. Add clam liquor, milk, and eggs. Stir well until blended and then add clams and butter. Mix thoroughly. Drop from a spoon into deep hot fat (375°) and fry 4 to 6 minutes or until well browned. Drain on unglazed paper. Serve with tartar sauce.

This receipt is well over 50 years old and has been passed down from one family member to another.

Lola Adkins, Blades, Del.

CHRISTIANA CREEK FERRY RATES—1700's
(NEW CASTLE COUNTY)

<table>
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<tr>
<th>Description</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Single horse and rider</td>
<td>six cents</td>
</tr>
<tr>
<td>Lead horse, ox, cow</td>
<td>four cents</td>
</tr>
<tr>
<td>Passenger</td>
<td>two cents</td>
</tr>
<tr>
<td>Sheep and hog</td>
<td>one cent</td>
</tr>
<tr>
<td>Coach (4 wheel carriage) pair of horses and passenger</td>
<td>twenty-five cents</td>
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</tbody>
</table>
BOILED COD WITH EGGS
(circa 1876)

Soak fish all night. In morning cut up and boil until tender. Drain. Remove bones. Add eggs, cut in large pieces or chopped smaller, to stock. Stir in a large piece of butter and thicken. Season and serve at once with the boiled potatoes. (When the ladies wrote their recipes they must have assumed that all women were creative and could cook.)

Whenever there are two or more Delaware Bay and River pilots together, the conversation turns to life on the pilot boat in the good old days. And eventually, with tears in their eyes, and salivating, they will speak of the cod fish breakfast. Then they will argue over which cook, dead and gone now, could fix that dish best. As a child I have eaten it on the pilot boat when my father would take me out for a few days. Just thinking about boiled cod conjures up the smell of salt water and the laughter of men who liked their work and liked to eat.

Mrs. John D. Hukill, Harbeson, Del.

CODFISH AND POTATOES

1 package salt codfish
Potatoes
Fat salt meat
Onions

Put fish in pot, cover with cold water and let boil for half an hour. Drain. Again cover with cold water, boil, until fish is tender. Add sliced potatoes, and cook until potatoes are done. Fry salt meat, cut in small pieces, until brown. Drain fish and potatoes, add a few chopped onions and spoon fat meat over all. Serve. Leftovers can be mashed up and shaped into cakes.

An old Bethel recipe (1920)

Mrs. Mary Cordrey, Bethel, Del.
STEWED CRABS

You first catch them, then boil for a half hour with a little vinegar in the water. When cold, pick the meat out. To one quart of meat, take 1 quart of milk, put it on to boil, add 2 ounces butter just as the milk comes to a boil; add crab meat, season with salt and red pepper; add two tablespoons cracker dust stirred in a little water and serve hot.

Tested Lewes Recipes (1904–1916)
William C. Lofland

FRIED FROGS

First you skin him, take the entrails out and cut the toenails off. Wash in two waters, dry with a cloth. Sprinkle with a little pepper and salt, roll with egg and cracker dust then fry in hot fat. Eat while hot.

P. B. Vickers (1904)

The frog recipe is included for fun. Actually, the men go out in a boat at night in the spring with a strong light and a gig, a kind of sharp fork on a long pole. One man shines the light on the bullfrog which mesmerizes the frog and the other man throws the gig, which spears the frog. When they have enough frogs or get tired, they bring the frogs home in a burlap sack. The frogs scream. The men then remove the back legs and discard the rest of the frog. We never ate the whole thing. My father soaks the legs in ice water for several hours, dries them and then sautés them in a little butter with garlic and a sprinkle of flour until they look like chicken which is cooked. These frog legs are much smaller than commercial ones so we have 40 or 50 pairs for one meal for six. When done correctly, they are absolutely heavenly.

Raymond R. Atkins
SNAPPER STEW

Serves 4 to 6

4 to 5 pound snapper  ⊂⁄₂ dozen hard-boiled eggs
1⁄₄ to 1⁄₂ pound butter  Salt and pepper to taste
3 cups milk  Sherry to taste
1 cup half & half cream

Cook snapper until tender. Keep the stock and pick the meat from the bones. To the stock, add the butter, milk, and cream. Mash yolks or put them through a sieve. Chop the whites. Add to stew. Thicken.

Mary’s grandsons who spent most of their summer on Lewes Beach with her say that, “She could so cook—two things.” She could scramble the greatest egg ever eaten and make an unsurpassable snapper stew. My mother and aunt made this regularly back in the days when someone came to the back door to sell the huge, live, ugly beast. When you bought it he would take it away, clean it, and bring it back ready to cook.

Mary Long Rowland (1882)
TERRAPIN

4 small terrapin, 6 hard boiled eggs, 1 pint thick cream, ½ pound butter, salt and pepper to taste. Cook the terrapin about 10 minutes in boiling water, then take out, put in fresh boiling water, add some salt. Cook until the shells part easily. Clean and break into convenient sized pieces, put in a stew pan with any liquor that may have dropped out. Rub butter to a cream, add 2 yolks of hard-boiled eggs, cream very light, add 2 teaspoons flour. Have cream hot. Add this mixture to it and stir until smooth. Add terrapin to this and let heat thoroughly and serve at once.

Terrapin was easily obtainable in this area in the early 1900s. At certain times of the year, probably spring, the terrapin, who had hibernated in the mud of a local creek, would swim out the mouth of the creek to the Delaware Bay. The men would stand watch and would shoot them in their heads to kill them. One had to be a good shot as the only thing that showed above water was the small head of the terrapin.

Mrs. James Kelly
VEGETABLES

STUFFED GREEN PEPPERS

3 large green peppers  
Leftover ham or small picnic ham  
1 medium-sized potato

1 large onion  
2 medium fresh tomatoes  
Parmesan cheese  
Paprika

Cut peppers in half, remove seeds. Place in boiling water and simmer until partially cooked; don’t let fall apart, keep firm.

Put ham, potato, onion, and tomatoes through medium on meat grinder. Pack well in green pepper halves. Sprinkle Parmesan cheese and paprika on top. Place close together in baking pan or casserole. Pour small amount of water in bottom and bake at 350° for 45 minutes.

Tomato sauce could be used instead of tomatoes.

This far surpasses the taste of beef and gained popularity in the 1920s.

Elizabeth Jackson, Wyoming, Del.
TOMATOES-CREME BELMONT

Serves 6

3 tablespoons butter
6 large ripe tomatoes (cut in half across)
Salt
½ cup heavy cream
Minced parsley

Melt butter in large skillet (for 12 half tomatoes). Add tomatoes cut side down. Puncture sides here and there with sharp paring knife. Heat for about 5 minutes over high heat. Turn tomatoes with metal spatula. Sprinkle with salt and cook for 10 minutes. Turn again for juices to run out and spread in pan. Turn again with cut side up. Add cream and mix with juices. Bring to a boil. Immediately slip on hot serving platter, cover with sauces and sprinkle with parsley. Serve piping hot.

This recipe was found in an 1857 cookbook. It belonged to the grandniece of Governor Thomas Collins, Caroline Elizabeth Cloak Peterson Speakman, who lived at Belmont Hall all of her life. She was 15 years old in 1857.

Virginia W. Speakman, Smyrna, Del.
GEORGETOWN
VEGETABLE CUSTARD

Serves 4 to 6

½ cup butter
1½ cups sliced yellow summer squash
1½ cups fresh broccoli (sliced diagonally)
1 egg

¼ cup milk
1 teaspoon salt
¼ teaspoon dry mustard
Dash cayenne
½ cup shredded Swiss cheese
¼ cup grated Parmesan cheese

In large skillet melt butter and sauté sliced raw vegetables until they can be pierced with a fork. Beat egg, stir in milk, salt, mustard, cayenne, and Swiss cheese. Place vegetables in a 1-quart casserole, pour egg mixture over vegetables and sprinkle Parmesan on top. Bake at 375° for 15 to 20 minutes or until cheese is slightly browned and custard firm.

This was one of grandmother’s favorites and very popular with the family, dating back to the early 1920s.

Penny Paine, Georgetown, Del.
DESSERTS

AMBER CUSTARD
* (circa 1857)

1 cup English walnuts, chopped
1 cup seeded raisins
Flour
2 scant cups sugar
1 heaping tablespoon butter
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon white vinegar
4 eggs, separated
¾ cup milk


Grandma Sheffer

BAKED APPLE DUMPLINGS

1 pint flour, salt
2 teaspoons baking powder
1 large tablespoon lard

Mix like pie dough with water or milk. Roll out thin. Spread with apples cut thin and sprinkle with sugar and cinnamon. Roll up and cut about 2 inches thick like cinnamon buns. Stand close together in a pan. Bake at 325° for 20 to 30 minutes.

SYRUP

1 cup sugar
1½ cups boiling water
1 tablespoon flour
1 teaspoon vanilla

Let come to a boil. Pour on buns. Bake until brown.

C. Musser, Holly Oak, Del. (circa 1933)
PREMIUM APPLE PUDDING

Serves: 6

1½ cups milk
11 Premium Flake Soda Crackers, crumbled
2 egg yolks, beaten
½ cup sugar
½ cup raisins
½ teaspoon cinnamon
3 large cooking apples, cut into small pieces
2 egg whites, beaten stiff
¼ cup butter

Pour the milk over the crackers and add egg yolks, sugar, raisins, and cinnamon. Add apples to the above mixture and then fold in beaten egg whites. Melt butter in pudding dish and stir half into pudding mixture. Pour remaining mixture into pudding dish. Bake at 375° about 50 minutes. Serve hot.

Taken from a 65-year-old Uneeda Soda Cracker box found in an old country store recently.

BLACKBERRY FOOLERY

5 slices buttered bread, crusts removed
16-ounce can blackberries (1 pint fresh or frozen berries)
½ cup sugar
½ teaspoon grated nutmeg
1 cup sweetened cream

Place buttered bread in bottom of bowl. Cook blackberries, adding sugar and nutmeg. Pour over bread and serve hot with cream.

This was my mother’s recipe she used 60 years ago when stores were far apart and she had to depend on canned fruit on the shelf.

Louise Coleman, Newark, Del.
BREAD PUDDING

2 cups stale bread
1 quart milk
2 eggs
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla
½ cup raisins, if desired

Soak the bread in the milk until it is very soft, then mash it fine. Heat together until nearly boiling. Beat the eggs with egg beater until light and add to them the sugar, salt, and vanilla. When well mixed, stir this into the bread and milk. Pour the whole into a buttered earthenware baking dish; stir in raisins. Set in a pan of water, and bake in a slow oven (250° to 350°) 45 minutes to one hour.

Variation:

CHOCOLATE BREAD PUDDING

Melt 2 squares of chocolate over hot water and add this to the soaked bread and milk.

Both bread puddings have been a favorite in our family for over 50 years and enjoyed by "Rudy" Williams, Delaware state senator 1952–1960.

Rebecca Williams, Wilmington, Del.

CHARLOTTE RUSSE

Cover half a box gelatine with water over night, to soften it. Next morning, melt it over the fire carefully; sweeten and flavor 1 quart of rich sweet cream. Whip it to a stiff froth; then stir in the dissolved gelatine. Pour the whole into a mould previously lined with sponge cake, or into a large glass dish, lined with lady cake or almond sponge cake.

In the 1800s gelatin came in strings rather than neatly packaged granules, and measuring cups, refrigerators, and thermostat-controlled ovens were undreamed-of luxuries.

Theresa C. Brown’s Domestic Cookery (circa 1871)
CREME BRULEE

Heat 1 quart of heavy cream in top of double boiler—do not let boil or scald. Add 2 tablespoons of granulated sugar until dissolved. Stir in well beaten 8 yolks with 2 tablespoons of vanilla. Mix well and pour into shallow Pyrex baking dish so custard will be about 1½ inches thick. Place dish in hot water and bake in slow oven until set. Cool and place in refrigerator for several hours so as to chill thoroughly. Remove from refrigerator and cover top with ¼ inch light brown sugar (dark will not do). Place dish under blazing hot broiler and watch carefully (or red hot poker). When surface is glazed, remove and cool. Chill thoroughly in refrigerator. This better if made the day ahead and left in refrigerator.

A favorite in the early 1900s.


DATE AND NUT PUDDING

1 cup black walnuts, chopped 1 cup sugar 5 tablespoons flour 2 teaspoons baking powder ¼ teaspoon salt 1 cup dates, cut in thirds 3 eggs

Mix everything but dates and eggs. Then add them. Bake slowly in a wax-paper-lined pan, turn out and remove paper gradually before paper dries. Serve with whipped cream (½ pint is enough).

Make day before.

Mr. George Bigger, Claymont’s oldest resident at the young age of 99 has kindly given us this recipe—a favorite from his past.
TASTE OF TRADITION

CUSTARD ICE CREAM

2½ quarts of milk and cream  2½ cups sugar
(I use 1 pint whipping cream, 6 eggs
1 pint half and half, and 1½ ¼ teaspoon salt
quarts of homogenized milk) 1 tablespoon vanilla
4 rounded tablespoons cornstarch

Cook all of this in a double boiler. (I set the pan in another large kettle with water.) Cook until thick, maybe 15 to 20 minutes, or longer, stirring constantly. Strain into freezer. Cool all day or overnight (with tiny stream of water going into water into which the freezer has been placed for quicker cooling). Place in refrigerator to get thoroughly cold. (Making the day before is almost a must!) When ready to freeze, add the vanilla and put into "old" ice cream freezer to be turned by a strong arm, with ice and salt. (Our freezer holds one gallon.) When very hard to turn, clean top and carefully open the container and lift out the dasher, cleaning off as you lift. Have a platter and spoons ready to sample!

This never gets as hard as bought ice cream when first made, but when the surplus is stored in the refrigerator/freezer, it will get hard.

This is very rich and creamy—a little goes a long way. Enjoy! This is a favorite for birthdays.

Peg Gray, Wilmington, Del.
SNOW ICE CREAM

A very large mixing bowl full of snow. (Be sure to get snow from beneath the top, and light dry snow is best). Start with a small amount of snow in another medium sized bowl. Add sugar and rich milk or cream and vanilla. Keep adding more snow and more of all ingredients (except vanilla) until it is of the texture and sweetness to taste.

Of course it should be eaten at once. Eat slowly and enjoy. I am sure it will become one of your winter anticipations along with the crackling fire that our family so enjoys each winter season.

It amazes me that there are some people who have never tasted snow ice cream. It is one of my very fondest memories, and on a cold winter night when the snow starts to fall it is one of my first thoughts. I had it as a small child, then my children shared the fun, now their children are enjoying the miracle of snow and the fun of snow ice cream.

Mary Mammele, Wilmington, Del. (circa 1920)

PINEAPPLE SHERBET

3 eggs
#2 can of crushed pineapple
Juice of 3 or 4 oranges
Juice of 3 or 4 lemons
3¼ cups sugar
Pinch of salt
Milk

Blend together all ingredients. Add milk to fill 1 gallon freezer. Freeze in agitated (hand crank or electric) freezer; sherbet is too icy if frozen without agitation.

A popular dessert on the Eastern Shore in the early 1900s.

Harold J. Littleton, Wilmington, Del.
1854 PLUM PUDDING

Serves 10

One pound of stoned raisins, 1 pound currants, 1 pound of beef suet, chopped fine, 1 pound of grated bread crumbs or ½ pound flour, 8 eggs, ¼ pound sugar, 1 pint of milk, 1 glass brandy, 1 glass wine, 2 nutmegs, tablespoonful mace and cinnamon mixed, spoonful salt. Boil 6 hours.

MODERN VERSION

2 cups flour 3 eggs, beaten
1½ teaspoons salt 4 ounces milk
½ teaspoon baking soda ¼ cup red wine
½ teaspoon nutmeg ¼ cup brandy
½ teaspoon cinnamon 1½ cups ground or very finely
¼ teaspoon mace chopped suet
¾ cup firmly packed brown 2 cups raisins
sugar 2 cups dried currants

Sift dry ingredients together. Combine eggs, milk, wine and brandy. Add to dry mixture. Add suet, raisins, and currants and mix well. Pour into a greased 2-quart pudding mold. Cover mold and put on rack in large kettle. Add boiling water to come halfway up the sides of the mold. Cover kettle and steam for about 4 hours. Serve hot with a brandy hard sauce or rum sauce. Decorate with a sprig of holly.

Plum pudding, a suet pudding never made with plums, was a traditional Christmas dessert with the Colonists. Christmas dinners were usually looked forward to with joy.

SYLLABUB

6 navel oranges
1 pint heavy cream
½ cup sifted confectioner’s sugar

2 egg whites
2 tablespoons cream sherry
2 tablespoons brandy

Peel oranges, section and chill. When ready to serve, whip cream and ¼ cup confectioner’s sugar until stiff. Beat egg whites with remaining ¼ cup sugar to stiff peaks. Fold whipped cream into beaten egg whites, then sherry and brandy. Drain orange sections and arrange in 6 large goblets. Mound in syllabub on top and serve.

According to the old cookbooks, spirits were plentiful among the Colonists. Fresh oranges and cream were a luxury, but once both were available, syllabub, a frothy English whipped cream dessert laced with sherry and brandy, was served at Christmas and other festive occasions.

Brett Mumford, formerly of Claymont, Del.

POOR MAN’S RICE PUDDING
(circa 1910)

1 quart milk
½ cup rice
3 tablespoons sugar

1 tablespoon vanilla
Salt to taste

Mix all and pour into 3-quart casserole. Bake at 400° for one hour. Stir 2 or 3 times during baking.

Mrs. Ernest R. Robinson

Submitted by Doris R. Champlin, Wilmington, Del.
CAKES

BIBLE CAKE

Sift together:
- 3½ cups I Kings 4:22 (flour)
- 3 teaspoons Amos 4:5 (baking powder)
- ½ teaspoon Leviticus 2:13 (salt)
- 2 teaspoons II Chronicles 9:9 (pumpkin pie spice)

Cream together:
- 1½ cups Judges 5:25 last clause (butter)
- 2 cups Jeremiah 6:20 (sugar)
- 2 tablespoons I Samuel 14:25 (honey)

Add to above mixture:
- 6 Jeremiah 27:2 (egg yolks, well beaten)

Add gradually to above mixture alternately with dry ingredients:
- 1¾ cups Judges 4:19 last clause (milk)

Add to batter:
- 2 cups I Samuel 30:12 (raisins)
- 2 cups Numbers 17:8 (almonds)
- 2 cup Nahum 3:12 (figs)


My grandmother, Nellie Clark, who was born in 1868, taught Sunday School for many years. This Bible Cake receipt, baked for special occasions, made a special project for her classes.

Jane Frelick, Wilmington, Del.
CINNAMON CAKE

Yield: 2 thin cakes

1 cup sugar
1 tablespoon plus 2 tablespoons butter or lard
1 egg
1 cup water
2 teaspoons baking powder
2 cups flour
1 tablespoon sugar
1 tablespoon cinnamon

Mix ingredients and bake in 2 greased 8-inch pans at 350° until straw of broom comes out clean.

When finished, melt 2 tablespoons butter and spread over cake. Then sprinkle each cake with a mixture of sugar and cinnamon, or more, if desired. Serve each layer separately.

This receipt goes back to my great-grandmother’s day in the middle 1800s and is enjoyed to this day by my family.

Mrs. James Arnold, Laurel, Del.
HOT CUSTARD
CHIFFON CAKE

2 cups flour, sifted
3 teaspoons baking powder
1½ cups sugar
1 teaspoon salt
¾ cup scalding milk

1 cup cooking oil
8 egg yolks, beaten
2 teaspoons vanilla
8 egg whites, stiffly beaten
1 teaspoon cream of tartar

Place all dry ingredients in large bowl and make a well in center, then scald the milk. (This is the most important step in the success of this cake.) Place the milk in the center of the dry ingredients and mix well. Add oil and mix well. Add egg yolks which have been beaten in a separate bowl to the ingredients and mix well. Add vanilla.

Beat egg whites till stiff but not dry with the cream of tartar. Pour batter that has been mixed gradually over the egg whites, folding gently with a rubber scraper until blended. Pour into 10-inch tube pan. Bake at 325° about 55 minutes. Turn pan upside down to cool for about 1 hour.

FLOUR ICING

Combine 1 cup cold milk and 2 tablespoons flour. Cook for 5 minutes over a medium heat. Cream in mixer ½ cup Spry, 1 stick butter, pinch of salt, 1 cup granulated sugar, 1 teaspoon vanilla. Add milk and flour in and beat till fluffy. (Milk and flour must be perfectly cold or the icing will not be successful.)

An elegant dessert, the likes of which you’ve never tasted.

This old-time cake receipt goes back 7 generations.

Martha Johnson, Northfield, N. J.
DELAWARE CAKE

1 cup butter          4 cups flour
3 cups sugar          4 teaspoons baking powder
6 eggs               1 teaspoon salt
1 teaspoon vanilla    1 teaspoon nutmeg
1 teaspoon orange or lemon flavoring 1 cup milk

Cream butter, sugar and eggs; add vanilla and other flavoring. Sift dry ingredients together and add alternately with the milk.

Pour batter into a large tube pan which has been greased and floured. Bake in 350° preheated oven for 45 minutes or until it tests done. (It may take longer.) Cool in pan, then remove to wire rack. Sift with confectioner's sugar.

The original receipt came from New Castle County and is over 100 years old. Serve it on Delaware Day, December 7.

Helen Quillen, Lewes, Del.
QUICK MORAVIAN CAKE

2 cups flour
⅜ cup sugar
2 teaspoons baking powder
⅛ teaspoon salt
¼ pound margarine, softened

1 egg, beaten
1 cup milk
1 teaspoon vanilla
1 cup light brown sugar

Preheat oven to 350°. Combine in an electric mixer the flour, sugar, baking powder, and salt. Beat in 4 tablespoons margarine until mixture is a pebbly texture. Add the egg, milk, and vanilla. Pour this mixture into a buttered 9- by 13-inch pan or 2 9-inch round pans. Make butter holes (put butter dabs all over top of cake) using 3 tablespoons margarine. Mix brown sugar with remaining 1 tablespoon margarine, crumbling to sprinkle over top of the cake. Bake for half hour.

This receipt goes back to the very early 1900s and uses no yeast, therefore the name Quick Moravian Cake. It was originally called Lazy Moravian Cake—but the Moravians took offense to the term lazy—they were a hard-working people.

Jean Gackenbach, Wilmington, Del.

DOVER CAKE

1 pound sugar (2 cups)
½ pound butter
6 eggs
1 pound flour (4 cups, sifted)

1 cup milk
1 teaspoon vanilla
1 teaspoon baking powder
½ teaspoon salt

Cream butter and sugar until soft (cream with hands). Add eggs one at a time. Add flour and milk alternately; add vanilla; add baking powder and salt. Bake in greased tube pan in 325° to 350° oven about 1¼ hours. Do not invert pan. Let cool. Slice thin and serve plain.

Variation: According to the 1900 Milton Cookbook, the egg yolks may be beaten together, added to the butter-sugar mixture and when all cake ingredients have been combined, fold in the well-beaten egg whites.

Mrs. William Yetter, Sr., Claymont, Del.
HALE-BYRNES HOUSE
GUMDROP CAKE

½ cup shortening
2 eggs
1⅛ cups sugar
1 cup unsweetened and strained
   applesauce
2½ cups bread flour
1 teaspoon soda

1 teaspoon each salt, nutmeg,
cinnamon
2 cups dates, cut up
1½ cups nuts, chopped
1 pound gumdrops, sliced in 3
   pieces and dusted with flour

Mix with beater the shortening, eggs, and sugar. Add applesauce and all dry ingredients which have been sifted together. Mix well. Stir in dates, nuts, and gumdrops. Bake in 2 8½- by 4½-inch loaf pans for 1 hour at 350°. Cool in pan and wrap in foil to store.

Good made 1 month before using. Store in refrigerator for easy slicing, serve at room temperature. A delicious substitute for holiday fruit cake.

House receipt (1800s), Hale-Byrnes House, Stanton, Del.
GINGERBREAD

\[\begin{align*}
\frac{1}{2} \text{ cup butter and lard mixed} & \quad \text{1 teaspoon cinnamon} \\
\frac{1}{2} \text{ cup sugar} & \quad \text{1 teaspoon ginger} \\
1 \text{ egg} & \quad \frac{1}{2} \text{ teaspoon cloves} \\
1 \text{ cup Brer Rabbit molasses} & \quad \frac{1}{2} \text{ teaspoon salt} \\
2\frac{1}{2} \text{ cups sifted flour} & \quad 1 \text{ cup hot water} \\
\frac{1}{2} \text{ teaspoon baking soda} & \\
\end{align*}\]

Cream shortening and sugar. Add beaten egg, molasses, then dry ingredients sifted together. Add hot water last and heat until smooth. Pour into 9-inch square pan. Bake 35 minutes in a 325° to 350° oven or until a darning needle, inserted, comes out dry.

Mrs. George W. Seeds (1916)

Every colonial woman baked regardless of her age. From Spoon bread to Apple fritters to Gingerbread, they all prepared breads.

There were superstitions in those days, for instance—

To drop a piece of bread buttered side up meant you would have a visitor.

If you dreamt about bread, you would make money.

A crust of bread in a new baby’s crib would keep evil spirits away.
SAUCES FOR SERVING WITH GINGERBREAD

LEMON SAUCE

2 tablespoons sugar  \( \frac{1}{2} \) teaspoon butter
1 tablespoon flour  1 teaspoon lemon juice
\( \frac{1}{2} \) cup boiling water  \( \frac{1}{4} \) teaspoon lemon rind

Mix sugar and flour thoroughly. Slowly add boiling water and boil 5 minutes, stirring constantly. Just when done, add butter and flavoring. Taste and if more lemon is required, add it. Serve hot or cold.

CHOCOLATE SAUCE

1 cup water  1 tablespoon cornstarch
\( \frac{1}{2} \) cup sugar  \( \frac{1}{2} \) teaspoon salt
1 ounce chocolate  \( \frac{1}{2} \) teaspoon vanilla
\( \frac{1}{2} \) cup milk

Boil water and sugar for 5 minutes. Melt chocolate. Mix cornstarch and cold milk thoroughly, rubbing out all lumps. Add to melted chocolate. Add syrup (of sugar and water). Cook in a double boiler about 15 minutes, stirring as it thickens. Add salt and vanilla. Serve hot.

1918 4-H Club, Wilmington, Del.
KENTUCKY JAM CAKE

2 cups sugar  
1 cup butter  
4 cups flour  
1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon nutmeg  
4 eggs  
1 cup buttermilk

1 cup blackberry jam  
1 cup strawberry jam  
1 cup black walnuts  
1 cup pecans  
1 cup raisins  
1 cup figs  
1 teaspoon baking soda

Cream sugar and butter until fluffy. Sift flour and spices together. Use enough of the flour to dredge the nuts and fruit. To the sugar and butter mixture, slowly add the eggs. Beat in until smooth. Add flour and buttermilk a little at a time. Beat well. Add jams and beat. Add nuts and fruit. Stir with a large wooden spoon for 30 minutes until nuts and fruit are covered well. Lastly, add baking soda. Bake in tube pan at 275° for 4 hours. Cool. Frost with Caramel Frosting.

CARAMEL FROSTING

1 box brown sugar  
¼ pound butter  
¾ cup cream  
Powdered sugar

Combine first 3 ingredients and cook until mixture forms a soft ball. Remove from heat. Beat until cool. Add powdered sugar until of spreading consistency.

Since the early 1800s, this has been passed from generation to generation. Just try it once, and you're lost forever.

Loretta Swafford, Barbourville, Ky.
JUMBLES

Three eggs, 1 pound of sugar, \(\frac{1}{2}\) pound of butter, flour to roll, half a teacup milk, soda to sweeten, \(\frac{1}{2}\) pound blanched and pounded almonds. Sprinkle flour upon a paste board; flour your hands, roll a portion of the dough with the hands into a long roll. Curl them into rings; place in a buttered pan, not allowing them to touch each other. Grate sugar over the top. Bake in a moderate oven. The dough must be soft, and it requires skill and practice to make jumbles perfectly.

Jumble receipts were a part of just about all Delaware cooks. The names of these little cakes came about probably from the variety of ingredients used to make them.

MARBLE CAKE

6 egg whites 3½ cups flour
1 cup butter 2 teaspoons Royal baking powder
2 cups sugar 1 cup milk
Vanilla

Combine all ingredients. Color \(\frac{1}{2}\) of the batter with \(\frac{1}{4}\) cake of melted chocolate.

This recipe came originally from The Thimble Club Cookbook of Federalsburg, Maryland in 1905. As with most receipts from those days, there were no baking instructions. It was all guesswork or know-how from watching their parents and grandparents bake. The book was dedicated to those housewives who master their work instead of allowing it to master them.

Mrs. Mollie Fluharty
MAMMY'S MOLASSES POUND CAKE (1835)

1 cup butter  
3½ cups flour  
6 eggs, beaten  
2 teaspoons lemon juice  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon salt

½ cup sugar  
1½ cups molasses  
1 teaspoon ginger  
½ teaspoon cloves  
1 teaspoon soda dissolved in 2 tablespoons water

Cream butter, flour and add eggs. Add remaining ingredients and mix. Bake 1 hour at 325° in a 9- by 13-inch pan.

Pillsbury Honorable Mention, 1955

Ruth Russell, Seaford, Del.

GINGERBREAD MOLASSES CAKE (circa 1774)

Take 2 pounds of molasses to 4 pounds of flour, 1 pound of sugar, 1½ pounds of butter.

Mix molasses, sugar, and butter together and heat them. Let it cool. When cool, make the gingerbread, put in with the flour 4 tablespoons of ginger and spices to taste. They are best baked for some time.

Gingerbread: Bread or biscuit sweetened with treacle and flavored with ginger and some other aromatic seed.

Mrs. Charles Ridgely, sister-in-law of Nicholas Ridgely, a signer of the Ratification.
PORK CAKE

1 pound ground fat pork  
(weighed without rind), no lean  
1 pint strong coffee  
4 cups brown sugar, measured packed down  
1 tablespoon baking soda  
1 teaspoon salt  
1 tablespoon cinnamon  
2 teaspoons nutmeg  
7 cups sifted flour  
½ pound walnuts, English or black  
1 pound raisins

Grind pork, then pour coffee boiling hot on it and set on the stove a few minutes and let barely simmer before adding any of the other ingredients. Then put in sugar, soda, salt, spices and flour saving out a little of it to dredge nuts and raisins—add last. Bake 1 hour or longer depending on pan in 350° oven. Tube pan takes about hour and a half. Test for doneness with broomstraw or toothpick. Cake tastes best after standing in a closed tin for about a month.

This is an old recipe from Marion, Virginia. They always killed the pigs the Saturday after Thanksgiving so made these cakes in time for Christmas.

Susan R. Barbour, Wilmington, Del.
VANILLA POUND CAKE

½ pound butter, melted 2 teaspoons baking powder
1 package confectioner’s sugar 1 teaspoon salt
6 eggs, separated and beat 1 cup milk
whites 1 teaspoon vanilla
3¾ cups flour ½ teaspoon almond extract

Combine butter, sugar, and egg yolks and beat until fluffy. Blend in sifted dry ingredients alternately with milk and combined extracts. Fold in egg whites. Bake in a greased and floured tube pan at 350° for 1 hour.

This was a family favorite dating back to the 1920s when we traveled to Bowers Beach for Big Thursday and to Barratts Chapel on the Fourth of July for special services followed by “basket” lunches in the Grove, Sunday car drives, and boat rides. The cake held up in all kinds of weather. It was found in the mens’ lunch pails and in the school lunch boxes.

The days of “picnic baskets” and hardy appetites.

From the receipt collection of the late Elva Turner Gross
TWELFTH NIGHT CAKE

1 cup butter
1 cup sugar
1 tablespoon fresh grated orange peel
1 tablespoon grated lemon peel
2 eggs
2½ cups sifted flour
2 teaspoons baking powder
2 teaspoons baking soda
½ teaspoon salt
1 cup buttermilk
½ cup mixed candied fruit, chopped
1 cup chopped walnuts
1 cup whole blanched almonds

Cream butter and sugar until fluffy. Add orange and lemon peel, then eggs. Sift together dry ingredients, add to creamed mixture, alternately with buttermilk. Beat until smooth. Fold in fruit and nuts. I place 3 silver crowns, separately in foil, and bake them in the cake. Pour batter into greased 8-cup bundt or tube pan. Bake at 350° 1 hour.

GLAZE

¾ cup orange juice
2 teaspoons lemon juice
1 cup sugar
2 tablespoons rum

Bring orange and lemon juice and sugar to a boil. Add rum. Dribble or pour slowly over hot cake in the pan. Let cake stand 24 hours in pan before removing and cutting. I like to use whipped cream or ice cream on the side.

An old English custom for choosing a king and queen for the January 6, Epiphany Twelfth Night celebration was to bake a bean and a pea in the cake. The cake was served early in the day and the finders of the "unusual" became the monarchs and were assured good luck all year. This celebration was continued by the colonists on the East Coast, and to this day is celebrated in a special way in Sussex County, Delaware.

Mary Musgrave Richardson, Seaford, Del.
WELLESLEY FUDGE CAKE  
(circa 1898)  
Yield: 9-inch layer cake

4 squares Bakers unsweetened chocolate  
½ cup butter or margarine  
½ cup hot water  
1¼ cups sugar  
½ cup sugar  
¾ cup milk  
2 cups sifted cake flour  
2 cups sifted cake flour  
1 teaspoon baking soda  
1 teaspoon baking soda  
1 teaspoon salt  
Chocolate butter frosting

Preheat oven to 350°. Heat chocolate with water in a saucepan over very low heat, stirring until chocolate is melted and mixture is smooth. Add sugar; cook, and stir 2 minutes longer. Cool to lukewarm.

Sift flour with baking soda and salt. Cream butter. Gradually beat in 1¼ cups sugar; continue beating until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Add flour mixture alternatively with milk, beating after each addition until smooth. Blend in vanilla and chocolate mixture. Pour into 2 greased and floured 9-inch layer pans. Bake for 30 to 35 minutes, or until cake springs back when lightly pressed. Cool in pans 10 minutes. Remove from pans and finish cooling on racks. Fill and frost tops and sides of cake with chocolate butter frosting.

CHOCOLATE BUTTER FROSTING  
Yield: 2½ cups

Melt 2½ squares Bakers unsweetened chocolate in saucepan over very low heat, stirring constantly. Beat 6 tablespoons butter until softened; gradually add about 1 cup confectioner’s sugar, beating well. Blend in ¾ teaspoon vanilla and chocolate. Add 2 cups confectioner’s sugar alternately with about 5 tablespoons milk, beating until smooth, creamy and right consistency to spread.

Courtesy of Bakers, General Foods Corp., White Plains, N.Y.
CUPCAKES

3 cups sugar
2 cups butter
3 eggs
1 cup milk or cream

5 cups flour
Spoonful soda
Spoonful honey

Bake in tins or loaf pan until done. Test with a broom thistle.

This receipt is thought to be at least 150 years old and, as of all receipts, in those days no cooking directions were given. The receipt was discovered in the old cooking files of the Neal family, from Seaford, Delaware.

William B. Neal, Claymont, Del.

COOKIES

FANNY FARMER’S GINGERSNAPS

1 cup molasses
½ cup shortening
½ cup brown sugar
3¼ cups flour

½ teaspoon soda
1 tablespoon ginger
1 teaspoon cinnamon
½ teaspoon salt

Heat molasses to boiling and pour over shortening. Add sugar. Mix and sift other dry ingredients and add. (You may also add ½ teaspoon nutmeg and ½ teaspoon cloves, if desired.) Mix well after adding to molasses. Chill thoroughly. Toss ¼ of mixture on a floured board and roll thin as possible. Shape with cutter dipped in flour. Put on greased cookie sheet. Bake in 350° oven for about 10 minutes. Dough should be kept in refrigerator while waiting to be rolled or it will be necessary to add more flour to dough, which will make cookies hard.

From The Original Boston Cooking School Cookbook, (1896)

Grace Salisbury, Warwick, Rhode Island
GRACE’S DELAWARE CRY BABIES

1 cup sugar  
1 cup lard (Crisco)  
1 egg  
1 teaspoon cinnamon  
5 cups flour  
1 cup molasses  
½ cup hot water  
1 big teaspoon baking soda  
1 teaspoon vanilla  
1 cup raisins  
Pinch of salt

Drop on cookie sheet by heaping teaspoonsful, a small distance apart. Bake at 375° for 10 to 12 minutes.

This recipe is at least 100 years old. There are no detailed directions. I just mix it all up.

Edna May Diedrich, Lewes, Del. (circa 1885)

ICE BOX COOKIES

1 cup butter  
2 cups brown sugar  
2 eggs, beaten  
½ cup black walnuts, cut fine  
3½ cups flour  
1 teaspoon soda  
½ teaspoon salt

Cream butter and sugar; then add beaten eggs. Add nuts, then sifted ingredients. Mix well and shape in a long, narrow loaf. Let stand overnight in ice box or cool place. Slice thin and bake in buttered pan in moderately hot oven.

These are great because they can be baked a few at a time and the dough can be kept in the ice box until such time as needed. Thinner the cut the better.

Mrs. Kenneth Steers, Laurel, Del. (circa 1925)
OLD ORIGINAL NORWEGIAN COOKIES
(ROUND BALLS MADE FLAT)

500 grams flour (3¼ cups) 375 grams butter (¾ pound plus 2½ tablespoons)
200 grams sugar (1¼ cups) 1 teaspoon vanilla
1 small teaspoon baking ammonia *(level teaspoon, crushed)
2 eggs 1 teaspoon almond extract
55 grams almonds (1 or 2 ounces, sliced)

Mix flour, sugar, and ammonia; add 1 egg and butter. Add vanilla and almond extract. Flour your hands, roll a bit of dough into a ball, then flatten (about the size of a quarter). Beat other egg, brush on cookies, put sliced almonds and sprinkle colored sugar on top. Bake at 350° for 8 to 10 minutes.

*Ask druggist for crushed ammonium carbonate. About a $1.00 worth will make several batches. Crush the baking ammonia between 2 sheets of foil, sealed at both ends because the ammonia odor is a little strong.

Because it is time consuming to flatten the dough you may spoon off by half-teaspoons onto a greased cookie tray.

There are no cookies anywhere else so good. The secret lies not only in the amount of butter used, but also in a mysterious ingredient called salt of hartshorn. This predates baking powder as a rising agent by several centuries, and once was made from the antlers of a deer (or hart). Now it is produced chemically as ammonium carbonate, the results are worth it and the cookies will not bear a trace of the smell.

Marie Godfrey, Newark, Del. (circa 1898)
ROSETTES

Yield: about 40 rosettes

2 eggs
1 teaspoon sugar
¼ teaspoon salt

1 cup milk
1 cup flour (add a little more, if necessary)

Beat the eggs slightly with sugar and salt, add milk and flour and beat until smooth.

Screw handle into iron, then put the iron in hot lard or oil before dipping it into the batter, not allowing the batter to come over the top of iron. Return the iron to the hot lard, thoroughly covering with the same, for at least 20 seconds, but not for more than 35 seconds. Remove from iron with a piece of clean cheese cloth.

As a child, I can remember watching Mother’s cook making the rosettes for an antique tea shop my mother had with two other ladies in Centerville, Delaware, in the early 30s. It was called Cobwebbs, named after a friend’s house in England. The little schoolhouse still standing has been someone’s house for quite some time.

Georgina Miller Bissell, Greenville, Del., granddaughter of Delaware’s fifty-sixth governor, Charles R. Miller, 1913-1917

SAND TARTS

Into 1 pound flour, rub ¾ pound butter. Add 1 pound sugar. Rub in 2 eggs and roll very thin. Wash with white of egg and place nut in center with sprinkle of cinnamon and sugar.

Mary S. Lackey (1864)
SUGAR COOKIES

1 cup butter or lard  
2 cups sugar  
2 eggs  
1 teaspoon lemon extract  
2 1/2 cups flour  
2 teaspoons baking powder

Mix together thoroughly butter, sugar, and eggs. Add lemon extract. Sift together and add to above the flour and baking powder. If not stiff enough, add more flour to roll quite thin. Bake quickly (means a fairly hot oven, 375°).

This recipe converts to Coconut Cookies. Omit lemon extract, adding 1 cup coconut to egg mixture.

Sugar Cookies were served at toll houses in the South. They were often served with buttermilk.

Irene McKeown

"Better to me than the silver or linen I inherited from my grandmother was her old receipt book. Just to look through it again is like being with her; rereading a favorite receipt is reliving the times one has enjoyed it."
OLD FASHIONED COOKIES
WITH A PEAK

Yield: 30 drop cookies

\[
\begin{align*}
\frac{1}{4} \text{ pound lard or use half } \\
\text{ butter (lard is better)} & \quad 1 \text{ ounce baking powder (2} \\
\frac{1}{2} \text{ pound (1 cup), very fine} & \text{ tablespoons) or } \frac{1}{4} \text{ ounce} \\
\text{ sugar} & \text{ hartshorn, pounded fine—} \frac{1}{4} \\
2 \text{ eggs} & \text{ ounce = } \frac{2}{3} \text{ teaspoon} \\
1 \text{ pound flour (4 cups, sifted)} & \frac{1}{2} \text{ pint milk (1 cup)} \\
\text{Plumped raisins} &
\end{align*}
\]

Beat lard and butter to cream them. Gradually beat in the sugar. Add eggs one at a time and beat well after each addition until mixture is feather-light. At this point a small amount of lemon flavoring may be added.

Sift flour and baking powder. Blend in half the flour mixture and then add flour and milk alternately, mixing well.

Drop by generous tablespoons onto buttered and floured pans or in regular scalloped cookie pans which have been buttered and floured. Put 3 currants or a raisin in the center. Bake in preheated “quick” oven (400° to 425°) until lightly browned.

These cookies have been loved and remembered since the early 1930s—an old time pleaser. The cookies were made by old German bakers in individual cast-iron cookie pans with scalloped edges. They will peak higher when baked individually. Originally, hartshorn (bought at drug stores now) was used for leavening. Baking powder can be used, but hartshorn makes the peaks higher and you need use only \( \frac{1}{4} \) as much as baking powder. Oh yes, remember if possible, superfine sugar is recommended for these cookies.

Frances Blackwood, *Evening Bulletin* (1932)
WHOOPIE PIES

½ cup shortening  2 cups flour
1 cup sugar  1 teaspoon baking soda
1 egg  ½ teaspoon salt
1 cup milk  ½ cup cocoa
1 teaspoon vanilla


FILLING

1 pound confectioner's sugar  1 cup butter, softened
7½-ounce jar marshmallow fluff

Beat all ingredients until creamy. Spread between 2 cookies. Wrap individually with waxed paper.

A favorite treat of the kids of the '30s.
Malcolm Proulx, Wilmington, Del.

CANDY

VINEGAR CANDY

2 cupfuls sugar  Butter, size of an egg
½ cupful vinegar

Boil above ingredients for 20 minutes or till it hardens in water; then pour into greased plates to cool. Flavor, but do not pull.

In colonial days sugar reached the housewife in large cone-shaped loaves of 9 to 10 pounds each. Hunks of sugar had to be broken off, pounded in a mortar or rolled on a marble slab with a rolling pin or glass bottle to pulverize it, then sifted.

Elizabeth McKeown (circa 1908)
APPLE BUTTER

Boil down new cider to $\frac{1}{3}$ its original quantity, pare, core, and slice juicy tart apples, and put as many into the kettle with the cider as it will cover. Let boil, stirring carefully to prevent scorching. When boiled soft, drain out with a ladle. Put more apples in the cider and boil in the same way. Repeat this till the cider is too much reduced in quantity to permit it; then pour together and boil down to about $\frac{1}{2}$ the quantity, and spice to taste. It will keep well in stone jars or tubs.

Apple butter was always on American tables and used to be cooked in big brass saucepans. Antique dealers sell them now for geraniums or kindling. If you are fortunate enough to own one, polish it up and make some apple butter.

Charles M. Cochran, III, great-great grandson of John Polk Cochran, Governor of Delaware, 1875-1879

GRAPE BUTTER

Yield: approximately 2 pints

1 quart Concord grapes 4 cups (1 quart) sugar

Wash and pick off grapes. Measure in a quart berry box. Add sugar. Crush together enough to start juice and mix well. Bring to boil quickly and continue boiling briskly for 20 minutes or until mixture begins to sheet like jelly.

Strain thoroughly through a food mill. Put in hot sterile jars and seal.

Very good and very easy. Never-never double receipt.

Margaret Walton Feldmann, Newark, Del. (circa 1933)
DELAWARE CITY
BRANDIED PEACHES

6 peaches
3 cups water
2 cups sugar

2 tablespoons brandy, for each pint jar

Take 6 perfect peaches—if peaches have thin skins, you need not peel them—rub off the fuzz with a cloth and prick each peach twice with a fork. If you wish to have the peaches peeled, dip quickly in hot water and peel.

Make a syrup by boiling water and sugar for 10 minutes. Cook the peaches, a few at a time, in the syrup until tender, about 5 minutes. Pack into pint jars. Add 2 tablespoons brandy to each jar and fill with syrup. Store a month before using.

In olden days, the peaches were stored in a cool corner of the kitchen in a heavy crock.

Serve as a dessert, especially good with ice cream—or with lamb or chicken.

The Delaware City area was the home of Major Philip Reybold, Delaware’s peach king and this recipe has been passed on to us by older residents.

Elmer L. Snow, III, mayor, Delaware City, Del., (circa 1917-1921)
UNCLE PAYNTER’S SPICED PEACHES

5 pounds of whole, clingstone Delamore peaches, peeled
2½ pounds of sugar
½ cup cider vinegar

A spice bag containing:
1 tablespoon allspice
1 tablespoon cinnamon
1 tablespoon whole cloves

Boil the peaches, sugar, vinegar, and spice bag until peaches are tender. Remove peaches and spice bag. Boil juice until thickened. Return the peaches to the juice and cool. Pack in sterilized jars and seal.

Paynter Frame, born October 21, 1826 in Indian River Hundred, devoted a great part of his life to farming and fruit growing on the land his forefathers received through a grant from King George of England. He had at one time 2,000 peach trees, paying particular attention to grafting and improving the peach, and was also known as the watermelon king of Sussex County. He held many public offices, but was especially proud of being instrumental in organizing the American Agricultural Association in 1879.

Frances W. Ganous, Newark, Del.

CHILI SAUCE

4 dozen large ripe tomatoes, scald, peel and cut into pieces; 4 green peppers and 4 red peppers, 8 large onions, peppers and onions chopped together; 8 small cupfuls of vinegar, 8 tablespoons of sugar, 4 ounces of salt. All cooked together until like preserves which will take nearly all day. Put in jar and seal very tightly.

Trinity Parish Cook Book, (1892) Trinity Parish was organized 1638, incorporated 1759, Wilmington, Del.
CUCUMBER STICKS
(To be eaten the same day)


Great for picnics, reunions, or just for your own table.

An old Sussex County receipt (1865) from the Arnold family.

LIVIA-LURA CHOW CHOW

Yield: 16 quarts

Cut 2 gallons cucumbers into cubes and soak about 2 days in 2 quarts of vinegar. Drain and discard liquid. (Cucumbers have been previously salted in a brine-soak until fresh. Copper pot keeps them green.) Cut 2 gallons small green tomatoes in cubes and soak in salt water overnight (about 3 tablespoons salt). Drain.

When pickles and tomatoes are ready, grind 6 red and 6 green peppers and 8 onions. Add 1 gallon vinegar, 6 pounds sugar, 5 tablespoons mustard seed, 5 tablespoons celery seed, 40 cloves, and 2 small bottles French’s mustard. Boil ½ hour and seal.

This recipe is handed down from the mother and grandmother of my husband, late residents of Bethel, Del.

Mrs. Dot Wright, Bethel, Del.
PEPPER RELISH

1 small head cabbage, cut fine ½ cup salt
12 green peppers, cut fine Water
12 red peppers, cut fine
16 medium sized onions, cut fine

Combine ingredients together. Pour boiling water over them and let stand for about 15 minutes, then drain good.

Add:

1 quart vinegar 2 tablespoons white mustard seed
3 cups sugar
1 tablespoon celery seed

Boil about 20 minutes. Ready to put into jars and seal.

This receipt, which is over 100 years old, was submitted by Mary Catherine Collins, Laurel, Del., great granddaughter of Delaware’s twenty-third governor, John Collins, 1821-1822.

BLACKBERRY JELLY OR PRESERVES

Allow a pint of currant juice and a pint of water to 6 pounds of blackberries; give them their weight in brown sugar; let them boil till they appear to be done and the syrup is rich.

Blackberry jelly can be made as currant jelly and when mixed with water is good for sick children.

This receipt came from a cookbook edited in 1866 by Cushing and Bailey. The book was found in the attic of the historic Mermaid Tavern where I now reside, as did my relatives.

Sara Pennington Evans, Wilmington, Del.
BRANDIED PEACHES

1 pint water
3 pounds sugar

4 pounds peaches (firm, ripe, and skinned)

Cook fruit in syrup until done. Place fruit in jars with fork. Measure syrup and to 1 quart, add 1 pint of brandy (applejack). Bring syrup and brandy to a boil. Remove from stove and pour over fruit in jars.

The Townsend family (often numbering 40) came from far and near and looked forward to the peaches on the table for the elegant Christmas dinner which Evelyn, the cook, did with such ease.

An advertisement for Authur's Celebrated Patent Air-tight Self Sealing Jars, found in an old manuscript cookbook, lists tin, fire-proofed stoneware, white queensware and glass jars in pint, quart, half gallon, and gallon sizes. The jars were sealed with cement. To open, the cement had to be softened by placing a hot flatiron on the lid or placing the jar in a warm oven.

Quince Ratafia

3 qts. of quince juice
3 qts. of French brandy
3 drachms cinamon
2
24 grains cloves

1/2 oz. bitter almonds powdered
1/2 drachm anniseed

2 1/2 lbs. best loaf sugar

Mix well in a fortnight and strain for use.

From old Ridgeley receipts about 1790

Ratafia — "Quince flavoured with almonds or kernels of peach, or apricot or cherry." Also a biscuit and also a cherry.

A receipt taken from grandmother of Judge Henry Ridgely Horsey
Dover, Del.
SWEET PICKLE WATERMELON RIND

Yield: 7 pints

7 pounds fruit
1 pint vinegar
¼ teaspoon oil of cloves
¼ teaspoon oil of cinnamon
3 pounds sugar

Peel rind, cut off all pink, and cut in small pieces. Cover with hot water. Parboil until tender, but not soft. Drain. Then mix vinegar, spiced oils, and sugar. Heat and pour over fruit. Next day, drain and reheat liquid and pour over fruit. On third day, do the same; put in jars and seal.

Oil of cloves and cinnamon can be bought in a drugstore.

Mrs. Hastings is 92 years young and still active in church and club affairs.

Minnie Hastings, Bethel, Del.

“RUSTIC” MEASUREMENTS

a dash, drop, few grains = less than ½ teaspoon
a wine glass full = ¼ cup
9 medium eggs = 1 pound
8 to 10 egg whites = 1 cup
13 to 14 egg yolks = 1 cup
1 lemon, juiced = 2½ to 3½ tablespoons
1 orange, juiced = 5 to 6 tablespoons
5 finger pinch = 1 tablespoon
4 finger pinch = 1 teaspoon
1 finger pinch with thumb = ⅛ teaspoon
1 finger gob = 1 tablespoon
palm of hand, center = 1 tablespoon
1 open fistful = ½ cup

Although the receipts in this section date back fifty or more years, in some instances the ingredients and cooking tools have been updated for practical use.
KITCHEN MATH

Bread crumbs, dry 1 slice = ¼ cup
Bread crumbs, soft 1 slice = ½ cup
Cracker crumbs ¾ cup crackers = 1 cup bread crumbs
Graham crackers 15 crackers = 1 cup fine crumbs
Chocolate wafers 19 wafers = 1 cup fine crumbs
Vanilla wafers 22 wafers = 1 cup fine crumbs
Cocoa 1 pound = 4 cups
Cornstarch 1¼ teaspoons = 1 tablespoon
Flour 4 tablespoons = 1 ounce
Garlic powder ½ teaspoon = 1 small clove
Herbs and spices ½ to 1 teaspoon = 1 tablespoon chopped onion
Onion powder 1 tablespoon = 1 medium onion
Lemon or orange peel 1 teaspoon dried, grated =
1 teaspoon fresh
Macaroni 1 pound = 5 cups uncooked or
12 cups cooked
Marshmallows 1 cup cut up = 10 large or
100 miniatures
Rice 1 pound = 2½ cups uncooked or
8 cups cooked
Tea 1 pound = 120 cups
Coffee 1 pound = 5 cups ground coffee
Water 1 pound = 2 cups

FRUIT MATH

Apples, 4 small, 3 medium, or 2 large = 1 pound
2¾ cups, sliced = 1 pound
1 cup, grated = 2 medium sized

Bananas, 3 medium = 1 pound
½ cups, sliced = 1 medium
½ cup mashed = 1 medium
TABLES AND WEIGHTS
AND MEASURES

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<td>3½ cups confectioner’s sugar</td>
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<td>3 cups cornmeal</td>
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<td>1 cup molasses</td>
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<td>1 cup whole eggs, medium</td>
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<tr>
<td>1 cup egg whites, extra large</td>
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<td>12 to 16 yolks</td>
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<td>1½ tablespoons</td>
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<td>1 cup almonds, whole</td>
<td>6 ounces</td>
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<td>1 cup walnuts, chopped</td>
<td>¼ pound</td>
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<td>4 cups pecans, shelled</td>
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MEASUREMENTS

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<td>16 tablespoons</td>
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Many things are passed from generation to generation, things which people hold dear—family names, customs, old silver, precious heirlooms and recipes.
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