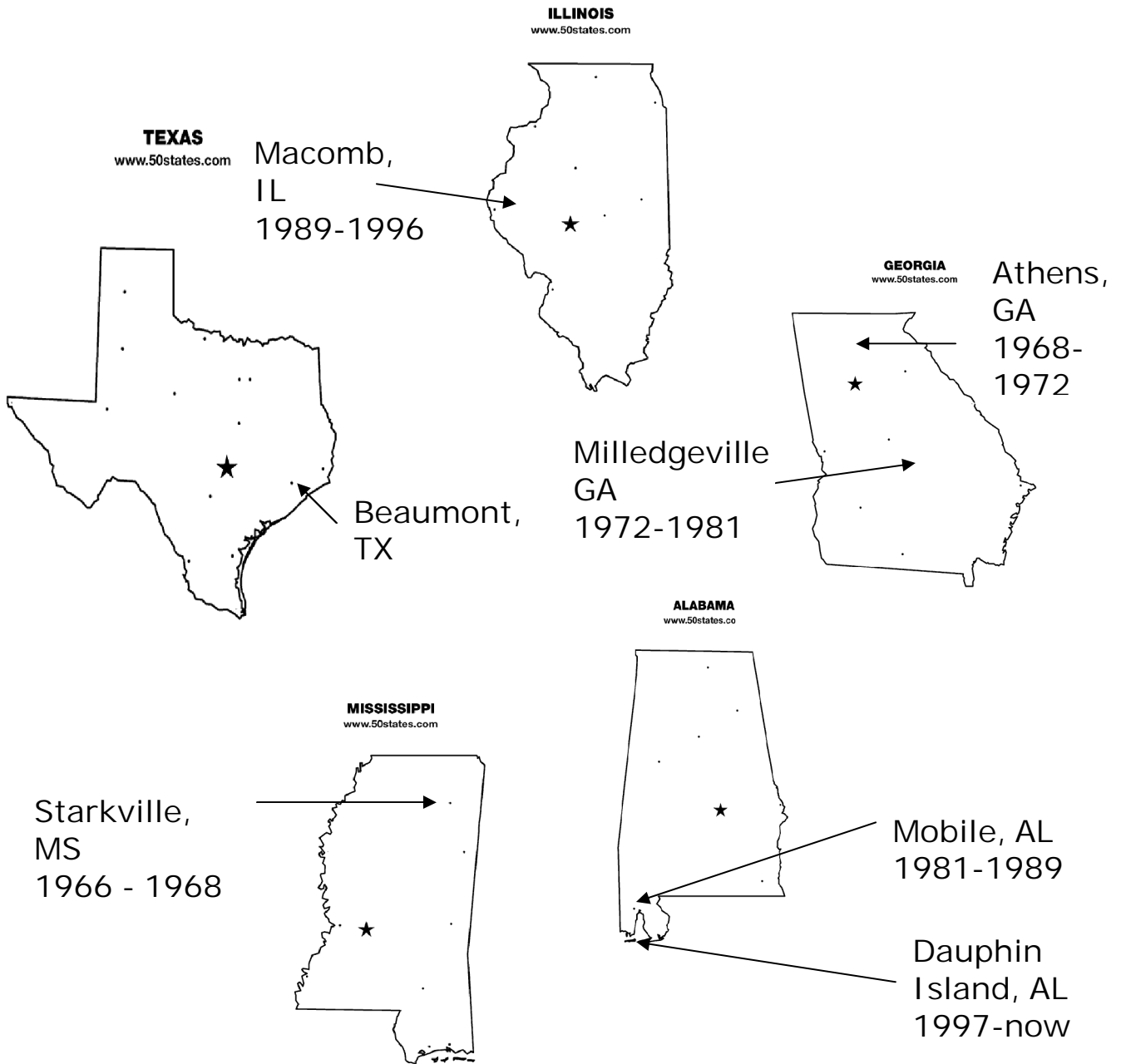


# *"T" and Jerry's Culinary Journey 1966 to 2002*



# *Foreward*

## *To the Third Edition*

This Cookbook is the personal cookbook that Theodora Ferniany Scott, often called "T" in these pages, has used for many years. She did not know how to cook when she and Jerry married in 1966. In their first married year, when she made her first roast, Jerry asked, "Where is the gravy?" "T" replied "Doesn't it come with it?"

Her first cookbook, "The Joy of Cooking" was a wedding shower gift from Jerry's aunt, Catherine Scott Stoll. "T" started learning how to cook on her own by reading and following its directions.

"T" also watched and learned from many good cooks, especially her mother, Vivian Farha Ferniany, and grandmother, Amelia Kojak Farha. Most of her original recipes were written down on recipe cards and saved. "T" has always treasured her handwritten recipes, as making the dishes has continued to provide a common bond with her friends and family.

Jerry started compiling and printing "T's" recipes with his first personal computer in 1980. When the kids left for college in the early 1990's, they often called wanting to know how to cook one of their mom's recipes. In 1992, Jerry decided to make our First Edition of "T's Cookbook" and gave it to the kids and a few family members. The Second Edition arrived in 1995, correcting mistakes, adding new recipes, and adding annotations for each recipe. The annotations provide a history of each recipe. They also provide a sense of enjoyment in thinking about the person who gave us a particular recipe. They also provide a memory of the times of our life together when we first a particular recipe.

With "T's" help, Jerry has written the Third Edition of "T's" Cookbook for the following reasons:

1. When family members died, we realized that we no longer possessed the knowledge or the recipes to cook familiar family

dishes. We wanted to make sure this did not happen to our children and grandchildren, as it happened to us.

2. We wanted to record, for our family and friends, information and recipes learned from the great cooks we have met and shared recipes with in our 36 years of marriage.

The Third Edition revises the Second Edition in a number of ways.

1. The Third Edition uses large print to make it easier for everyone, including Jerry, to read. There are eight more recipes, reflecting another seven years of our life together. Four of the new recipes, from our time at Dauphin Island, are staples for popular diets.
2. The major change is in the presentation of each recipe. Each recipe now begins with a Table of Ingredients, which lists the ingredients for making that recipe.
3. After the Table of Ingredients, the steps to cook each recipe are numbered. Jerry wanted each recipe to "begin with the first thing you have to do." The recipes presented here often deviate from the original hand-written recipes "T" had laboriously collected. The new organization lost some of the charm of the original recipes, but in the end, the Third Edition is easier to read and follow.
4. The Third Edition now makes available the entire cookbook in printed form, and in the "Portable Document Format" on a floppy disk. This will enable you to print out any recipe when someone asks you for it, which hopefully they will.

We have to thank so many people for sharing their recipes with us. People become good cooks by making successful recipes, and most of us start off by attempting to duplicate meals we first enjoyed at home or with our close friends.

"T's" Ferniany and Farha families have produced many good cooks. Amelia Kojak Farha, "T's" grandmother, taught her many recipes, including the 14 presented in our book. Two favorites are "Pita Bread" (Page 27) and "Tamales" (Page 58). More importantly, her grandmother or "Tita"

conveyed the love for things in and of the kitchen. "T" still has Tita's pots and pans and the sheets she used to make "Pita Bread."

"T's" mother, Vivian Farha Ferniany, taught her many recipes after we got married. We have 22 of Vivian's recipes in the Cookbook. Jerry's favorite recipe from Vivian is her "Lime Jell-O Salad" (Page 12). "T's" sister, Amelia Ferniany Harrington, likes to try out new recipes at family meetings. She has produced some great ones over the years. Seven are included in our Cookbook, including the "Blueberry Dessert" (Page 88) she makes Jerry for each birthday. "T's" Ferniany and Farha Aunts, Uncles and other relatives have also added many 26 recipes to "T's" repertoire.

Jerry's mother, Ina Carroll Scott, did not share recipes. We have some of her recipes, such as the "Sour Cream Pound Cake" (Page 99), only because other family members knew her recipes and gave them to "T". Jerry's sister, Carroll Scott Jones, has recently experimented and learned how to make some of Ina's specialties, including "Okra Gumbo" (Page 65), which all the Scott men truly loved to eat. Of course, the Scotts and the Carrolls all contributed to "T's" ability to make excellent meals. Jerry's aunt, Eyvonne Carroll Vick, personally taught "T" how to make such Southern specialties as Cornbread (Page 28), and Chicken and Dumplings (Page 52).

"T" also learned to make more wonderful dishes as we moved around in our marriage. We have six recipes from Mississippi State University in Starkville, MS, where we spent our first two married years (1966-1968). Our favorite is "Fondue Beef" (Page 64).

We moved to Athens, Ga., and the University of Georgia, where we lived from 1968-1972 while Jerry received his Ph.D. degree. There we met Charlotte Freeman. She learned to cook at a school in Paris, France. We have eight of her recipes in the Cookbook. Two of our favorites are "Ribbon Cookies" (Page 108) and the "Apricot Tart" (Page 112). Besides French cooking, Charlotte taught "T" how to use the pressure cooker, and "T" taught her mother, Vivian. If you want a real winner, try any of Charlotte's recipes; they are all wonderful.

We then moved to Milledgeville, Ga., and Georgia College, and lived there from 1972 until 1980. This was our first time being a "faculty couple" and where the Scott kids spent the formative years of their lives. "T" learned

many nice dishes there. We have 18 Milledgeville recipes in our book. Four favorites are "She Crab Soup" (Page 18) and "New York Cheesecake" (Page 89), both from Barbara Lahey, "Chicken Curry" (Page 51) from Mary Hargaden, and "Father Nic's Shrimp" (Page 78) from Father Nic Navario. We have shared each of these four recipes with so many.

We moved back to Mobile in 1981, where Jerry worked at the University of South Alabama and Spring Hill College. By this time, "T" was already an accomplished cook, but still she kept learning. She acquired many more recipes, such as "Spinach Casserole" from Anne Carwie (Page 38), "Squash Casserole" from Nell Ritchie (Page 40), and "Chocolate Chip Meringues" from Ellen Bodden (Page 105), and others.

We moved to Macomb, IL, and Western Illinois University in 1989, and remained there until 1997. We acquired a taste for Midwestern cooking. We were members of a small gourmet group hosted by Evelyn Franks, who taught "T" many recipes, including "Leek and Potato Soup" (Page 17).

When Jerry started working as a Computer Trainer for Learning Tree International, we moved to Dauphin Island in 1997, where we have lived until the present. We have added eight recipes during this time. Two of our favorites are the "diet concoctions", the Weight Watchers "Eggplant Tian" (Page 35), and the Adkins low-carb cheesecake "Grandpa's Goup" (Page 115). We also added Dee Gordon's "Rum Cake" (Page 100). The last recipe we added was "Chocolate Peanut Butter Squares" (Page 103). It is one of several from the Williamson family of Dallas, TX, and is a dead ringer for Reese's Peanut Butter Cups, which are "T's" favorite candy.

We have enjoyed the years of cooking and hope you enjoy the recipes in our book. They have all been made many times by "T." Our family has shared much companionship enjoying these meals. We hope you do too!

Sincerely,

Theodora and Jerry Scott  
December, 2002

Note: The cookbook is arranged via foods as they occur within a meal. Within each category, recipes are alphabetized.

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*Drinks*

*and*

*Appetizers*

# Drinks

## CONFEDERATE EGG NOG – Alice Carwie

For many Christmas days, "T" and Jerry have visited "T" cousins, Bubba and Alice Carwie, who often have had an open house. A tradition of those wonderful open houses has been Alice's Confederate Egg Nog.

### The Table of Ingredients

8 eggs	2 cups of sugar
1 pint heavy cream	1 quart of milk
1 bottle of cognac (use only 1/2 of the bottle)	2 Jiggers of rum

### THE HOW TO:

1. Separate the 8 eggs into two bowls: one for yolks and one for whites
2. Beat the egg yolks until really thick.
3. In the other bowl, beat the egg whites until stiffened and add both cups of sugar.
4. Whip the heavy cream until it is stiff and fold egg whites into yolks.
5. Add whipped cream and the rest of ingredients and chill.

## HOT CHOCOLATE MIXTURE

When "T" and Jerry first moved to Milledgeville, we learned of this recipe at a school function for the kids. We used to make a big container and drink it all winter as the kids grew up.

### The Table of Ingredients

2 lb box Hershey instant	1 cup powdered sugar
11 oz Cremora	1- 8 qt. box powdered milk

### THE HOW TO:

1. Mix all the ingredients together very well.
2. Put into a sealed container. The Scotts always used a giant Tupperware container. It worked well for a number of years.

To serve, just add 1/4 cup to 1 cup boiling water. Kids love it!

## MOCHA COFFEE

This recipe is of unknown origin.

### The Table of Ingredients

1/2 cup instant coffee	2 tsp sweet and low
1 cup dry milk or cream	2 tablespoon cocoa

### THE HOW TO:

1. Mix all the ingredients well.
2. Put in sealed container.
3. Put desired amount into boiling water.

## SPICED TEA -- Joan Mead

Joan Mead gave this recipe to us, when we first met them in the early 1970's in Milledgeville, Georgia.

### The Table of Ingredients

2 Cups tang drink mix	1 Teaspoon cinnamon
1 Teaspoon ground cloves	1/2 cup Lipton low calorie lemon flavored instant tea

### THE HOW TO:

1. Mix all the ingredients and put in a sealed container.
2. Use 2 heaping teaspoons to one cup boiling water.

# Appetizers

## CHEESEBALL -- JIMMY CARTER STYLE – Barbara Lahey

The Scotts lived in Georgia while Jimmy Carter was president. Barbara Lahey, who came south to Georgia from Long Island, New York, made this wonderful appetizer. It is like a peanut butter and jelly sandwich and is one of Jerry's favorite appetizers.

### The Table of Ingredients

1 pound grated cheese	1 cup chopped nuts
1 cup mayonnaise	1 small onion, grated
Black pepper to taste	Dash of cayenne

### THE HOW TO:

1. Have all ingredients at room temperature.
2. Mix the grated cheese, chopped nuts, grated onion, spices together.
3. Shape cheese mixture into desired shape (I mold this into a RING).
4. Place in refrigerator until chilled.
5. When ready to serve, fill center with strawberry preserves.
6. Serve with Ritz or town house crackers

## CHEESE CRESCENT STICKS – Ruth Yeend

This recipe is from Mrs. Ruth Yeend, a long time neighbor to both the Scotts and the Fernianys. Ruth and Alfred Yeend were very happily married for well over 60 years. Ruth was a successful schoolteacher at Leinkauf School in Mobile, but became blind far too early in life. After the book "Forrest Gump" became famous, Ruth confided that she had taught Winston Groom, who wrote Forrest Gump and grew up three blocks from the Ferniany/Scott neighborhood. In their later years, Alfred and Ruth spent their nights listening classic books on tape. They were a truly inspirational married couple, in the way they loved and cared for each other.

### The Table of Ingredients

2 sticks oleo	1/2 teaspoon salt	1 teaspoon red pepper
1 teaspoon garlic	2 1/2 cups flour	1/2 lb new York sharp cheese grated

## THE CHEESE CRESCENT STICKS HOW TO:

1. Have all ingredients at room temperature.
2. Mix well and roll in long thin lines.
3. Cut into desired lengths.
4. Bake at 350 degrees for 10-15 minutes.

## CHEESE ROLL-- with GARLIC

This recipe, one of the first "T" ever collected, was from a nurse whom she worked with in Starkville, Ms. "T" and Jerry lived there for only the first two years of their marriage. We have served this many times at get-togethers!

### The Table of Ingredients

1/2 pound sharp cheese	1/2 pound cream cheese
1/2 pound pimento cheese	1/4 teaspoon garlic powder
2 teaspoons Worcestershire sauce	1/4 teaspoon red pepper
2 tablespoon mayonnaise	1/4 teaspoon salt
Dash Tabasco	

## THE HOW TO:

1. Grate and combine cheeses and other ingredients until smooth. Chill.
2. After chilling, form as desired and roll in paprika, nuts or parsley.
3. Freezes very well.

# DIPS

## CHEESE DIP -- HOT STYLE -- Dave Mead

David and Joan Mead have been family friends, since 1972 in Milledgeville, Ga.. The Meads moved to Corpus Christi, TX. During a 1980's visit to Mobile, Dave Mead made this dip, which he said was "his specialty." It goes great with chips of any kind, especially Doritos. This dip is medium for those from Texas, but somewhat hot to Jerry.

### The Table of Ingredients

1 large Velveeta cheese	1 pound longhorn cheese
1 can tomatoes drained and squeezed	Few drops of Tabasco
2 cans chopped chili peppers drained	

## THE CHEESE DIP -- HOT STYLE HOW TO:

1. Dump in double boiler and melt cheese.
2. To this add tomato juice to thicken. Add milk.
3. SERVE IN FONDUE POT TO KEEP IT HOT!
4. Serve with Doritos. Yummy!

## CRAB DIP -- Elaine Ferniany Sibai

This is from Elaine Sibai, "T's" first cousin, who now lives in Miami, Fl. Elaine married Sal Sibai, and now maintains dual citizenship – in Lebanon and the USA. Elaine gave us this recipe for a New Year's Eve party that we had in the 70's in Milledgeville, Ga. We have served it often since then.

### The Table of Ingredients

1 teaspoon sugar	1/4 cup mayonnaise
1/4 cup dry vermouth	1 teaspoon horseradish
1/4 teaspoon mustard	Dash of onion and garlic salt
2 cans of "lump" crab meat 6 1/2 oz. each	16 oz. Cream cheese

## THE HOW TO:

1. Mix together all ingredients except crab, which you fold in at the end.
2. Bake at 350 degrees for 30 minutes.
3. Serve with Melba rounds.

## FRUIT DIP

This recipe is of unknown origin.

### The Table of Ingredients

2 tablespoons flour	1/2 cup sugar
1 cup pineapple juice	1 tablespoons butter
1 cup cool whip	1 egg

## THE HOW TO:

1. Mix flour, sugar and butter, pineapple juice and egg.
2. Cook until thickened. Let this mixture cool.
3. Add cool whip to the cooled mixture.
4. Serve with fresh fruit.

## VEGETABLE DIP

This recipe is of unknown origin.

### The Table of Ingredients

1 cup mayonnaise	2 cups sour cream
2 tablespoons dill weed	1 tablespoon parsley
Dash salt	

### THE HOW TO:

1. Mix all the items together.
2. Serve with sliced fresh vegetables.

## SAUCE FOR FRESH FRUIT – Alice Carwie

This is another recipe from Alice Carwie, the wife of Bubba Carwie, "T's" first cousin. It is often served at large family get-togethers.

### The Table of Ingredients

1 8 oz. Cream cheese	1/2 of a 13 oz. Marshmallow cream
----------------------	-----------------------------------

### THE HOW TO:

1. Mix the cream cheese and the Marshmallow cream together.
2. Drain pineapple and add approximately 1/2 to 1 cup of juice to the cheese mixture.
3. Make several hours before using.

## SHRIMP MOLD – Amelia Ferniany Harrington

Amelia Harrington is “T’s” sister, and she likes to try new things, especially at family get-togethers. This is one of Amelia's recipes, and we have often had it when the Joe Ferniany family gets together to celebrate the holidays.

### The Table of Ingredients

1 can Campbell's Cream of Shrimp soup	1 package Knox gelatin
1/2 cup of chopped celery	1/2 cup of chopped onion
1 large cream cheese softened	1 cup mayonnaise
2 cans of small cocktail shrimp	A dash of Tabasco and Worcestershire sauce

### THE HOW TO:

1. Heat soup, dissolve gelatin in soup.
2. Melt cream cheese in soup mixture.
3. Add celery, onion, Tabasco and Worcestershire sauce and mayonnaise.
4. Rinse the canned shrimp with cool water and drain well.
5. Pour into mold and congeal at least overnight.

## WILD PICKLES — Will Ferniany

“T’s” brother, Will, started making pickles more spicy and interesting. Eventually, he got his Wild Pickles recipe just right. Will started giving these pickles as presents to the family. If you like spicy pickles, these are wonderful!

### The Table of Ingredients

1 large jar whole Vlasic Kosher dill pickle	1 tablespoon chopped garlic
White sugar	1 1/2 jalapeno peppers
1 cup apple cider vinegar	16 oz. jars.

### THE HOW TO:

1. Pour juice of the dill pickles and slice dill pickles in rounds
2. In each jar put 1 tablespoon garlic chopped, 1 jalapeno pepper cut into three pieces, and the dill pickle rounds
3. Boil 3 cups of sugar to 1 cup of apple cider vinegar.
4. Pour hot liquid over pickles.
5. Seal the jars and let them sit on the shelf for two weeks before serving.

*Salads*

*and*

*Soups*

## ASPARAGUS SALAD MOLD – Mary Hargaden

This recipe is from Mary Hargaden, from a faculty gourmet group in Milledgeville, Ga.

### The Table of Ingredients

1/2 cup sugar	1/2 cup vinegar
1 cup water	1/2 teaspoon salt
2 envelopes plain gelatin	1 cup cold water
1 cup chopped celery	small onion chopped
1 small jar cut pimentos	juice of 1/2 lemon
1 small can drained cut green asparagus	

### THE HOW TO:

1. Boil together for 5 minutes:
  - a. 1/2 cup sugar, 1/2 cup vinegar.
  - b. 1 cup water, 1/2 cup salt.
2. Dissolve gelatin in cold water and add to hot mixture.
3. Add the remaining ingredients.
4. Then mix well and congeal in mold.
5. Serve with mayonnaise.

## COPPER PENNY SALAD

This recipe is from Milledgeville, Ga. We don't remember who gave it to us. It is a classic salad and whenever "T" has served it, it was very successful.

### The Table of Ingredients

Salt and pepper	1 cup sugar	1 Bell pepper
1/2 cup Wesson oil	1 can tomato soup	1 tsp Worcestershire sauce
3/4 cup vinegar	1 onion	1/2 tsp mustard

### THE HOW TO:

1. Cook the carrots as normal.
2. Mix all the ingredients and boil the mixture for 5 minutes.
3. Cool the ingredients then pour the mixture over the cooked carrots.
4. Add the chopped onion and bell pepper.
5. Refrigerate over night. This recipe keeps indefinitely.

Sauce may be used again.

## FROSTED ORANGE JELL-O

This recipe is of unknown origin.

### The Table of Ingredients

2 packages orange Jell-O	2 1/2 cups boiled water
1 can mandarin oranges (drained)	1 med can crushed pineapple (drained)
1 package instant vanilla pudding	1/2 Pint Whipped Topping

### THE HOW TO:

1. Dissolve Jell-O in water.
2. Add fruit, pour into mold or pan.
3. Let this sit until it the Jell-O mixture is set. To save time, put the Jell-O mixture in boiling water, then stir, and then put in ice-cubes, then refrigerate.
4. Mix up the package of instant vanilla pudding until the pudding is thick.
5. Mold 1/2 pint whipped (topping) and spread over top of Jell-O.

## FRUIT SALAD – Amelia Ferniany Harrington

This recipe is from Amelia Ferniany Harrington, "T's" sister. It is one of our older daughters, Mary Elaine's favorites.

### The Table of Ingredients

1 large can pears cut in chunks	1 large can peaches cut in chunks
1 large can chunky pineapple	1 can blue berries
1 4 oz. Package Instant Vanilla Pudding	1 Kool-Aid Package Unsweetened {cherry or strawberry}

### THE HOW TO:

1. Drain all juices together then take out 2 cups.
2. To the liquid add the instant vanilla pudding, and Unsweetened Kool Aid, either cherry or strawberry.
3. Mix all together and let sit overnight.

## GREEN BEAN SALAD

This recipe is of unknown origin.

### The Table of Ingredients

1/2 cup brown sugar	1/2 cup white vinegar
1/2 cup water	3 teaspoon accent
One small can mushrooms	2 can whole green beans
1 large onion sliced	3 teaspoon wishbone Italian dressing

### THE HOW TO:

1. Mix together.
2. Marinate overnight.

## LIME JELL-O SALAD – Vivian Farha Ferniany

This recipe is from Vivian, "T's" mother. She got it from an All Saints Church supper. Whenever Jerry comes to visit Vivian after a long absence, she makes this salad for him, as she knows it is one of his favorites. Now just about everyone in the family makes this colorful salad.

### The Table of Ingredients

2 cups lime Jell-O( 2 cup size)	Medium size cottage cheese
1 large can crushed pineapple with juice	1 cup mayonnaise
Pinch of horseradish	

### THE HOW TO:

1. Make the Jell-O as directed.
2. In a separate bowl, add the large can crushed pineapple to the Jell-O. Do not drain or rinse the pineapple.
3. Add the mayonnaise, and the cottage cheese, and a pinch of horseradish to the Jell-O.
4. Pour into a 9 by 13 inch pan.
5. Keep in fridge.
6. Serve in 2 inch by 3 inch sections.

Note: This salad keeps for several days in the refrigerator.

## SPECIAL SLAW SALAD -- "Cousin Carollyn" Hunter

This recipe came from Susan and Roger Hunter. Roger was Jerry's student in Milledgeville, Ga, and became a great friend after graduation. Susan is one of the truly wonderful people "T" and Jerry ever met, and continues to inspire us. Susan named this slaw after her cousin.

### The Table of Ingredients

1 pkg. ready made slaw (about 6 cups)	1 pkg. chicken flavored Ramen noodles.(broken up and not cooked)
1 cup toasted almond slices	1 can white chunky chicken
4 or 5 sliced green onions	¼ cup oil
½ cup wine vinegar	2 tablespoons white sugar

### THE HOW TO:

1. Combine above ingredients in a large bowl.
2. Add dressing and mix well.
3. Refrigerate over night.

## SWEET AND SOUR GREEN BEANS SALAD – Mary Hargaden

This recipe is also from Mary Hargaden, from Milledgeville, Ga.

### The Table of Ingredients

1 can green beans	1 can wax beans
1 can red beans	1 can red beans
One medium onion	

### THE HOW TO:

1. Open and drain off the bean juices.
2. And put all the different types of beans in a bowl.
3. Add one medium thinly sliced onion and one small finely cut green pepper.
4. THEN ADD:
  - a. 1 teaspoon salt, 1/2 teaspoon pepper, 3/4 cup sugar.
  - b. 2/3 cup vinegar, and 1/3 cup salad oil.
5. Mix lightly with fork and let stand in the fridge overnight.

## TABOUBLE (Tah-boo-lay) -- SYRIAN WHEAT SALAD

This is a standard Lebanese recipe.

### The Table of Ingredients

Cracked Wheat	Parsley
Mint	Green Onions
Regular onions	Tomatoes
Cucumbers	Lemon Juice
Olive Oil	

### THE HOW TO:

1. Wash wheat, drain water and let stand in bowl for 3-4 hours (this will swell).
2. Cut parsley, mint, green onions and other onions, tomatoes and cucumbers.
3. Season with: salt and pepper, olive oil and lemon juice.

## VEGETABLE SALAD – Mary Hargaden

This recipe is also from Mary Hargaden, from a faculty gourmet group in Milledgeville, Ga. Mary and John Hargaden were great friends in Georgia.

### The Table of Ingredients

1 bell pepper slivered	1 small can pimento pieces
1 large can green beans drained	1 cup celery cut diagonally
Salt and pepper	Garlic salt to taste
1 small/medium onion sliced thin into rings	1 large can shopeg corn (lesuer) drained
1 large can peas (lesuer early) drained	3/4 cup salad oil
3/4 cup vinegar	6 tablespoon sugar

### THE HOW TO:

1. Mix all together and cover and refrigerate at least 24 HOURS.
2. Keeps a long time.
3. This recipe feeds about 12 people.

## WEST INDIAS SALAD --Alice Carwie

This recipe is a Mobile treat. Alice Carwie, "T's" cousin's wife, got it from the now defunct Bailey's Restaurant, for which it was famous.

### The Table of Ingredients

1 Lb. crab meat (Lump)	Chopped onion
Salt and pepper	3 oz. vinegar
4 oz. Wesson oil	4 oz. Ice water

### THE HOW TO:

1. Put 1/2 pound crab meat in bottom of bowl.
2. Top this layer with chopped onion add salt and pepper.
3. Add another layer of crab meat :
4. Mix the following and pour over the crab and onion layers:
  - a. 4oz. Wesson oil and 3 oz. Vinegar.
  - b. IMPORTANT: DO NOT STIR.
  - c. Cover and let marinate for 2-10 hours in fridge.
  - d. DO NOT STIR!!!!

# Soups

## CREAM OF CAULIFLOWER SOUP – Weight Watchers 2002

This recipe is from a new Weight Watchers cookbook "T" has. "T" has tried many diets, but finds that WW diet works well for both her and Jerry. Jerry likes the WW diet because it allows you to eat fresh vegetables, fruits, and other things. The Adkins diet prohibits these natural foods.

### The Table of Ingredients

1 Teaspoon thyme	1 ½ cups chopped onions	2 Tablespoons All Purpose Flour	1 cup fat free Half and Half
4 Cups cauliflower	3 cups fat free chicken broth	6 Tablespoons Reduced Fat cheddar cheese -- shredded	1 Tablespoon Light Butter
½ tsp salt	¼ Tsp pepper		

## THE CREAM OF CAULIFLOWER HOW TO:

1. Melt butter in a saucepan over medium heat and add the chopped onions and cook five minutes, stirring constantly until tender.
2. Add cauliflower, the chicken broth, salt and pepper and thyme.
3. Bring to a boil and cover.
4. Reduce heat and simmer until the cauliflower is very tender.
5. Combine half and half and flour, stirring with a whisk. Add this to the cauliflower mixture.
6. Bring the resulting mixture to a boil, and reduce heat. Simmer for two minutes, stirring often.
7. Remove from the heat and cool for 15 minutes.
8. After the mixture is cooled, place half of the cauliflower mixture into a food processor or blender and process until smooth.
9. Pour into a bowl.
10. Repeat Step 8 with the remaining cauliflower mixture.
11. Ladle into bowls and sprinkle with the low fat shredded cheese.

This is a wonderfully fresh soup, especially good on cold days.

## GARBANZO BEAN SOUP -- Hilda Gonzalez

This is from Jaime and Hilda Gonzalez in Milledgeville, Ga. The Gonzalez' left Cuba after Castro took over and served the Scotts many wonderful Cuban meals, such as this one.

### The Table of Ingredients

1/2 pound beef flank	2 cups garbanzo beans
4 oz. (1/4) Cup salt pork	2 cups cabbage
1 tablespoon salt	1/2 cup tomato sauce
1 pound potatoes	1 onion chopped
1/4 bell pepper chopped	1/8 teaspoon pepper
1/4 cup olive oil	1 teaspoon vinegar
1 package Chorizo, a Cuban Sausage	2 garlic cloves mashed with the pepper

## THE HOW TO:

1. Mash garlic with salt and black pepper.
2. Brown onion, green pepper and garlic mixture in hot oil.

## THE GARBANZO BEAN SOUP HOW TO -- Continued

3. Add tomato sauce and let it simmer about one minute.
4. Add vinegar.
5. In you use dry garbanzo beans, soak 4-5 hours in 6 cups of water.
6. Then cook in pressure cook for 25 to 30 minutes with the beef chorizos, Salt pork, cabbage and potatoes.
7. If you use canned garbanzos just drain and add to soup.
8. When garbanzos are done, mix them with the tomato mixture.
9. Simmer for 5 minutes or until it thickens.

## LEEK AND POTATO SOUP -- Evelyn Franks

We first tasted this totally wonderful soup at the Ed Franks' of Macomb, IL. Evelyn Franks is a wonderful cook, specializing in natural cooking. Ed and Evelyn also find ways to cook wonderful low-fat specialties.

The Table of Ingredients

4 Large leeks	3 large potatoes
Onions	Salt and pepper
Margarine	4-6 cups chicken bullion or broth

## THE HOW TO:

1. Wash and clean leeks.
2. Chop the onions.
3. Cut off ends of leeks and cut into  $\frac{1}{4}$  to  $\frac{1}{2}$  inch pieces.
4. Sauté the leeks and onions until soft but not brown.
5. Add 3-4 potatoes, peeled and diced and 4-6 cups of chicken broth.
6. Cover and simmer gently for about 30 minutes or until vegetables are soft.
7. Puree in blender or food processor.
8. Season to taste with salt and pepper.
9. Add milk if necessary.
10. Garnish with croutons at serving time.

## LENTIL SOUP—ITALIAN -- Tillie Carwie Prestia

This recipe is from Tillie Prestia, "T's" first cousin. This soup is a wonderful combination of Lentils and pasta and has plenty of taste and texture.

### The Table of Ingredients

1 Cup Lentils	2 teaspoons olive oil
1 Large onion, chopped	Salt and pepper to taste
3 or 4 pods of garlic	2 ½ cups of water
2 1/2 cups of chicken broth	1 Teaspoon lemon juice
1/2 cup vermicelli or tiny shell pasta	2 Frozen spinach or 10 cauliflower florets

### THE HOW TO:

1. Sauté onion and garlic in oil. Add more water than you think you need.
2. Cook lentils in a separate pot. Bring to boil then pour water off.
3. Put fresh water in and cook till done.
4. Add onions and garlic, seasonings and vermicelli.
5. Add spinach and lemon juice.

## SHE CRAB SOUP -- from Charleston, S.C. -- Barbara Lahey

This wonderful recipe was given to us by Barbara Lahey, who served it to us at another gourmet group in Milledgeville, Ga. This is a great soup, which convinces your guests that you have slaved for them, when in fact, all the ingredients are available canned in most stores.

### The Table of Ingredients

1/4 Cup butter	1 small onion chopped fine	cooking sherry
1/2 Cup flour	Dash of accent or msg	
1 Quart milk	Salt and pepper	1 teaspoon paprika
1 cup white crab meat (use canned)	1 cup cooked small Shrimp (use canned)	1 can condensed cream of shrimp soup

## THE SHE CRAB SOUP HOW TO:

1. In saucepan melt oleo, sauté onion until tender but not brown.
2. Add crab, shrimp, flour, paprika, MSG, and shrimp soup.
3. Gradually stir in milk.
4. Add sherry or wine stir over low heat until this thickens slightly or just starts to bubble.
5. Season to taste.
6. Add a little sherry to each serving before serving at the table.

## VEGETABLE SOUP -- Amelia Kojak Farha

This is "T's" grandmother's famous soup recipe. This is a heavy soup that is more like a stew than a soup. It was always a Farha favorite.

The Table of Ingredients

Turnips	Stew bone and stew meat
Celery	New potatoes or sweet potatoes
Carrots	Parsley
Onions	Salt and pepper
Beans	Cabbage
	Small amount of spaghetti

## THE HOW TO:

1. Boil soup bone and stew meat until almost done.
2. Add tomato sauce or whole tomatoes.
3. Then add the vegetables in order:
  - a. Celery, Turnips, and Carrots.
  - b. New or sweet potatoes.
  - c. Onions and Parsley.
  - d. Beans.
  - e. Salt and pepper.
  - f. Cabbage.
4. When you serve this soup, add a small amount of spaghetti.

*What's*

*for*

*Breakfast*

## BISCUITS -- Jan Busbee

This recipe is from Jan Busbee, one of "T's" best friends and a spiritual sister. Jan was a truly Christian woman "T" met in Georgia in her spiritual journey in the late 1970's. Jan helped "T" face her illness with a smile; a gift that "T" cherishes until this day! Unfortunately, Jan succumbed to cancer in 1991 after a 20-year fight. Those who knew her said she left "with a smile on her face, as she prepared to meet her maker."

### The Table of Ingredients

2 cups self rising flour	1 cup milk	4 tsp Tbsp shortening
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### The How To:

1. Cut the shortening into the flour until the shortening is like small grains of rice.
2. Add the milk.
3. Roll out dough and cut to desired thickness.
4. Bake at high oven setting, until brown on top.

## BRAN MUFFINS -- Vivian Farha Ferniany

This recipe was given to "T" by her mother, Vivian, who has been making these muffins since the 1940's. She does not know who gave her this recipe, but our three Scott generations have all enjoyed the muffins many times at the Ferniany house.

### The Table of Ingredients

1/2 tsp salt	1 cup all bran	3/4 cup milk	1 cup flour
1/4 cup sugar	1 egg	1/4 cup soft shortening	2/12 tsp. baking powder

### The How To:

1. Combine bran with milk.
2. Add egg and shortening and beat well.
3. Add flour, salt, baking powder, and sugar to egg and mixture.
4. Stir in bran and milk mixture.
5. Pour into greased muffin tins.
6. Bake 400 degrees for 30 minutes.

## EGGS -- COMPANY STYLE

This recipe is of Unknown Origin

### The Table of Ingredients

7 Eggs	1/2 cup milk	13 X 9 inch cooking pan
1 cup shredded cheddar cheese	1 cup shredded mozzarella cheese	6 slices of bread buttered on each side
1 pkg or jar dried beef or ham or precooked sausage	1 small can drained mushrooms	1 can cream of mushroom soup

### THE HOW TO:

1. Layer the following ingredients in 13 x 9 inch pan:
  - a. 6 slices of bread buttered on each side.
  - b. 1 cup shredded mozzarella cheese.
  - c. 1 cup shredded cheddar cheese.
  - d. 1 can cream of mushroom soup.
  - e. 1 small can drained mushrooms.
  - f. 1 pkg or jar dried beef or ham or precooked sausage.
2. Beat 7 eggs until frothy.
3. Pour the 1/2-cup milk (use more eggs if more than 6 slices of bread are used) over the layered mixture. Poke holes with fork.
4. Bake at 350 degrees for 30-45 minutes.

If you are serving this for breakfast, you can make it the night before and then bake the mixture so that it is freshly made in the morning.

## EGGS – SCRAMBLED EGG CASSEROLE – Tillie Carwie Prestia

This recipe is from Tillie Prestia, "T's" first cousin. She gave us this recipe to make for the Scott kids' high school graduation brunches.

### The Table of Ingredients

1 cup cubed ham or Canadian bacon	1/4 cup chopped green onion	3 tablespoons melted butter or margarine
1 dozen eggs beaten	1 4 oz can sliced mushrooms, drained	cheese sauce recipe included below
1/4 cup or 1/2 stick melted oleo	1/8 teaspoon paprika	2 1/4 cups soft breadcrumbs

### The Table of Ingredients for the Cheese Sauce

2 tablespoons oleo	2 1/2 tablespoons all purpose flour
2 cups milk	1/8 teaspoon pepper
1/2 teaspoon salt	1 cup shredded processed American cheese

### THE SCRAMBLED EGG CASSEROLE HOW TO:

1. Melt butter in a saucepan over low heat.
2. Blend in flour and cook one (1) minute. Gradually add milk.
3. Cook over medium heat until thickened stirring constantly.
4. Add salt, pepper and cheese, stirring until cheese melts and mixture is smooth. These items come from the Cheese Sauce ingredients.
5. Sauté ham and green onion in 3 Tablespoons of oleo in a large skillet, until onion is tender.
6. Add eggs and cook over medium-high heat, stirring to form large soft curds; when eggs are set, stir in mushrooms and cheese sauce.
7. Spoon eggs into a greased 13 x 9 x 2 inch-baking pan.
8. Combine the 1/4 cup melted butter and breadcrumbs, mixing well.
9. Spread evenly over egg mixture.
10. Sprinkle with paprika.
11. Bake at 350 degrees for 30 minutes, or until heated thoroughly.
12. Serve with hot biscuits with jellies and fruit.
13. This recipe serves 12-15.

If you want to make this recipe ahead of time, when you finish Step 10, cover the recipe and chill in the fridge. Then put it in the oven in the AM!

### GARLIC GRITS – Ann Smith

This recipe came from Ann Smith in Milledgeville, Ga, an elderly lady whom we befriended at the local Catholic Church.

### The Table of Ingredients

4 1/2 cups cooked grits	3 eggs beaten	3/4 cup margarine
1 tablespoon garlic salt	dash hot sauce	2 cups shredded cheddar cheese

## THE GARLIC GRITS HOW TO:

1. Combine eggs, garlic, salt, and hot sauce.
2. Add small amount of grits to egg mixture.
3. Mix the egg mixture well with the remaining cooked grits/
4. Spoon into well greased 3 qt casserole.
5. Bake 350 degrees for 25-30 minutes.

## GRANDPA'S GRITS – Jerry Scott

Jerry has been cooking grits since he was 8 years old. He has cooked all kinds: stone ground, old fashioned, quick, and instant. After all this, he uses instant grits. The Scott grandkids always "Grandpa, want gits" for breakfast.

### The Table of Ingredients

2 cups Aunt Jemima instant grits	1 1/2 sticks of Margarine	3 Slices American cheese Any kind will do.
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## THE HOW TO:

The portions here are to serve four hungry grits eaters.

1. Boil the water -- normally you need much more water than you think.
2. As the water is boiling, pour the 2 cups of grits into a large bowl (never use a small bowl, as it makes it harder to stir.
3. If in doubt as to how much to cook, add more grits instead of less. If you added too much grits, you can always add more water to compensate.
4. Tear up three slices of the American cheese and put the pieces in the grits.
5. Add 1 1/4 sticks of margarine, cut up in 1/4 to 1/2 inch slices.
6. Pour the boiling water over the grits, oleo and cheese. Add enough water so that it is at least 1/2 inch higher than the grits mixture was.
7. Stir the grits mixture with a whisk. The whisk makes the stirring easier and works better than a serving spoon. If you are feeling lazy, use a mixer, but that takes the fun out of making grits. Stir the grits for about a minute.
8. Add about 25 to 50% as much water as you added the first time and stir again for about a minute or until the grits get smooth again.
9. If you like things more cheesy, add another slice of cheese. If you like them more buttery, add another stick of margarine.
10. Put a slice of margarine on top of each person's serving of grits.

Welcome to the old South, where grits are still good for breakfast! If you have any grits left over, remember that southern dogs love grits, anytime!

## PAN CAKES -- Homemade from Juanita Farha Bando

This recipe came from "T's" Aunt Juanita, her mother's sister. Juanita lived in Beaumont, TX, and was a very meticulous cook. When she got married in the 1940's, this recipe was in her first recipe book. We have made this recipe often over the years.

### The Table of Ingredients

1 cup flour	1/2 tsp salt	2 Tablespoons baking powder
2 Tablespoons sugar	1 egg	2 Tablespoons Wesson oil
1 cup milk		

### The How To:

1. Mix ALL the ingredients together.
2. Spoon desired amount onto hot griddle.
3. When bubbles form on top of the pancakes turn them over.

## WAFFLES -- Vivian Farha Ferniany

This recipe came from "T's" mother, Vivian, who got the recipe right off her original waffle iron. A big hooray for industry!!

### The Table of Ingredients

2 cups flour	1/4 tsp salt	4 tsp baking powder
2 Tbsp sugar	1 1/2 cup milk	2 eggs
6 Tbsp melted butter		

### The How To:

1. Melt the butter.
2. Separate the egg yolks and whites.
3. Beat the egg whites until stiff peaks form.
4. Mix the dry ingredients (flour, salt, baking powder and sugar).
5. Add milk and egg yolks to the dry mixture and beat until smooth.
6. Add the cooled melted butter to the mixture.
7. Fold egg whites into the batter, again until the mixture is smooth.
8. Add chopped pecans if desired.

*Batters*

*Breads*

*Preserves*

*and Sauces*

## BREAD – LEBANESE PITA STYLE – Amelia Kojak Farha

“T” learned this recipe at the hands of her grandma, Amelia Kojak Farha. The actual recipe used here came from the cookbook made by “T’s” first cousin, Marie Carwie Koury. “T” has made this recipe many times. It is hard to make this bread from the recipe, as the secret is knowing when the mixtures are right for the next action. These pitas are not like what you get in the food store. “T” makes them into 6 inch ovals, about an inch high. They are wonderful, served warm and with margarine, and are loved by all.

### The Table of Ingredients

5 cups flour	1 pkg dry yeast
2 cups water	2 teaspoons salt

### THE HOW TO:

1. Sprinkle yeast in lukewarm water. Add flour and salt and mix well.
2. Knead five times.
3. Grease bowl on top of dough to keep it from chapping.
4. Place cloth on top of dough and let it rise in warm kitchen for 1 hour.
5. Divide dough evenly into dough balls. To keep your hands from sticking during this process, dip them into flour.
6. Cover the dough balls with a cloth and let them rise for another 15 minutes.
7. Roll dough out into ovals about 6 to 8 inches in diameter. These will look like pancakes. Let these rise for 45 minutes more.
8. Place empty cookie sheet into oven and preheat oven to 500 degrees and set oven to broil.
9. Place the individual dough balls on the hot cookie sheet and broil on one side until lightly brown.
10. Turn over and brown on the other side.
11. When you remove a cooked Pita from the oven, wrap it in a cloth and let it cool.
12. Store the finished, cooled pitas in a plastic bag.
13. These are totally delicious when eaten hot with butter. They also freeze well.

Note: “T” always kneads her bread as her grandmother taught her. Marie Carwie Koury and her sister, Tillie Carwie Prestia, “T’s” first cousins, now use the food processor to do the kneading.

## CHEESE SAUCE –For Potatoes and Peas - Vivian Farha Ferniany

This sauce is from Vivian, "T's" mom. She does not remember where she got this recipe.

### The Table of Ingredients

1/4 tsp salt	1/4 cup milk
4 oz. Cream cheese with chives	

### THE HOW TO:

1. Heat in double boiler till cream cheese is smooth and hot.
2. Use this sauce with potatoes and peas.

## CORN BREAD - BUTTERMILK RECIPE STYLE- Eyvonne Carroll Vick

This is one of Jerry's all time favorites. His mother's family (the Carrolls) had cornbread with their meals. They often told stories like "during the depression, our only dessert was cornbread with syrup, when we had syrup!" Jerry's "Carroll heritage" taught him to eat this wonderfully dense cornbread with butter and syrup in true Southern tradition. This cornbread must be made with a cast-iron skillet! Without one, don't even try!

### The Table of Ingredients

1 egg	3 Tablespoons self-rising flour
1/4 cup buttermilk, or 1 1/2 Tablespoons dry buttermilk to 1/4 cup water	1 1/2 cups corn meal mix, either Aunt Jamima or Martha White

### THE HOW TO:

1. Pre-heat the oven to 450 degrees.
2. Oil a black cast iron skillet and place it in the preheated oven.
3. Mix all the ingredients together in a separate bowl.
4. Add water to the ingredients until the mixture's texture is like pancake mix.
5. Pour the mixture into the heated skillet and bake until brown.

## CORN BREAD -- the Sweet kind –Vivian Farha Ferniany

This recipe is from "T's" mother, Vivian, who does not remember where she first got it. Many in the ole south used to put something sweet on their cornbread, maybe jelly or preserves, or even syrup. Vivian's corn bread already has the sweetness built-in.

The Table of Ingredients

1 cup corn meal	1/4 cup sugar	2 Tbsp melted butter
1 tsp salt	1 cup flour	5 tsp baking powder
1 cup milk	1 egg	

### THE HOW TO:

1. Mix the dry ingredients and add egg, milk, and melted butter.
2. Mix and bake at 425 degrees for 20-30 minutes.

## CORNBREAD -- the MEXICAN Kind

This recipe came from Ms. Womack, an aide who worked with "T" at the Central State Hospital in Milledgeville, Ga., during the 1970's.

The Table of Ingredients

1 cup buttermilk	3 eggs beaten slightly	1 1/2 cups self rising cornmeal
1/2 cup wesson oil	1 onion chopped	1 can mexi-corn or regular corn
1 1/2 cups med sharp cheddar cheese grated		

### THE HOW TO:

1. In a mixing bowl, combine cornmeal, buttermilk, oil onion and eggs.
2. Stir well.
3. Add corn and pour half of mixture in a greased skillet or pan
4. Sprinkle 1/2 of grated cheese on top.
5. Pour remaining mixture in and sprinkle remaining cheese on top.
6. Bake 350 degrees for 35-45 min.

Note: If you want to make this bread hotter, add jalapeno peppers!

## CREAM SAUCE – Vivian Farha Ferniany

This sauce is from Vivian, "T's" mom. She does not remember where she got this recipe.

### The Table of Ingredients

2 tbsp butter	1 1/2 tbsp flour
1 1/2 cups milk	Salt and Pepper

### THE HOW TO:

1. Melt oleo in double boiler.
2. Add flour gradually add milk.

## PRESERVES -- FIG PRESERVES – Vivian Farha Ferniany

Vivian and Joe Ferniany had a large fig tree in their backyard for over 50 years. Every year, Vivian makes fig preserves. She started with her mother's recipe and gradually refined it. On summer weekends, Joe used to make his famous biscuits and we have all eaten many a biscuit with these wonderful figs. The only problem with fig preserves is keeping your hands clean....

### Table of Ingredients

2 quarts of figs	1 cup Sugar	One small lemon
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### THE HOW TO:

1. Wash and clean figs.
2. Do not peel the figs!
3. Add one cup of sugar to the two quarts of figs.
4. Slice the lemon.
5. Place the figs and sugar mixture in a pot with the lemon slices.
6. Start the mixture on low fire until the sugar melts.
7. Increase the heat until the mixture starts to bubble.
8. After the mixture bubbles, lower the heat until the figs are done. Do Not overcook the figs!
9. If the white froth of foam appears on the top, skim it off.
10. Sterilize jars with tops by placing jars and tops in cold water. Let the water come to a full boil and continue to sterilize for 5 minutes.
11. Put hot fig preserves mixture into the sterilized jars and seal.

## PRESERVES -- PEAR PRESERVES -- Amelia Kojak Farha

"T's" grandmother, Tita Farha, gave this recipe to Vivian, who has passed it on to "T". These preserves are always a hit with biscuits for breakfast in hot Southern summers.

### The Table of Ingredients

1 quart pears	Cloves (to suit your taste)
One small lemon	1 cup Sugar

### THE HOW TO:

1. Add all the ingredients together with a little water.
2. Cook slowly until done.
3. Store in mason jars, as described in "Vivian's Fig Preserves".

## SESAME SAUCE – Amelia Kojak Farha

This recipe is from "T's" grandmother, Amelia Kojak Farha.

### The Table of Ingredients

1 cup tahini	1/2 cup lemon juice (fresh)	cold water
3 cloves garlic crushed	1 tsp salt	

### THE HOW TO:

1. Mash garlic with salt and Blend all ingredients.
2. Gradually add water. This makes about 2 cups of sesame sauce.

## SHRIMP BATTER – Vivian Farha Ferniany

This sauce is from Vivian, "T's" mom. She does not remember where she got this recipe.

### The Table of Ingredients

1 cup flour	1 tsp salt
1 tsp baking powder	1 egg

### THE HOW TO:

1. Add water to make a batter, with the consistency of waffle dough.
2. Mix the shrimp in this batter.
3. Then fry them in very hot oil.

## WHEATEN LOAF BREAD – Betty Crocker’s Children’s Cook Book

“T” began teaching the kids how to cook in 1978. She taught them how to make this bread from the Children’s cookbook. They have made it many times since.

### The Table of Ingredients

1 pkg active dry yeast	2 Tbsp honey or brown sugar	2 Tbsp shortening	Soft butter or margarine
2 tsp salt	1 cup whole wheat flour	2 cups all purpose flour	

### THE HOW TO:

1. Generously grease a loaf pan with shortening.
2. Dissolve the yeast in 1 ¼ cups warm water in a mixer bowl.
3. Stir in the 2 Tbsp honey or brown sugar or light molasses, the 2 Tbsp shortening, the 2 tsp salt, the 1 cup whole wheat flour, and ½ cup of all-purpose flour.
4. Beat on medium until smooth (about 2 minutes). Turn off the mixer occasionally and scrape the side of the bowl into the middle.
5. Stir in remaining flour and mix until smooth, about 1 ½ minutes.
6. Cover the mixture and let it rise in a warm place for about 30 minutes or until an impression remains when the batter is touched lightly.
7. Stir down the batter by beating it about 25 times with a rubber scraper.
8. Spread the batter on a greased pan. Rub some flour on your hands and pat the loaf gently to smooth the top. (The batter will be sticky.)
9. Let the mixture rise until the batter is ½ inch from the top of your loaf pan.
10. Preheat the oven to 375 degrees. Should take 10 minutes.
11. Bake at 375 degrees for 45 to 50 minutes or until the loaf is brown and sounds “hollow” when tapped on the top. Immediately remove the loaf from the pan and place on a wire cooling rack.
12. Brush the top of the loaf slightly with soft butter.
13. Cool the bread thoroughly before slicing.

Jerry’s Note: If this recipe sounds basic, remember that it is from a children’s cookbook. Despite this, the bread is warm and wonderful.

*Vegetables:  
Adding  
Color  
Taste  
And Texture to  
Your Meals*

## BROCCOLI CASSEROLE – Joan Mead

Joan Mead gave this recipe to us. It is always a hit, and the Scott kids have always lived this colorful casserole.

### The Table of Ingredients

3 packages frozen broccoli	1 large onion
½ stick oleo	½ cup slivered almonds
1 can cream of mushroom soup	4-6 oz. Grated longhorn cheese
1 can mushrooms	1 teaspoon accent or msg
Bread crumbs	

### THE HOW TO:

1. Sauté onion in the oleo.
2. Cook the broccoli as directed on packages, drain.
3. Mix together rest of ingredients leaving out some cheese, breadcrumbs and almonds.
4. Top with 1/2-cup breadcrumbs, cheese and almonds.

Bake 300 degrees till bubbly.

## CARROTS

This recipe was given to us in Milledgeville, Ga. during the 1970's.

### The Table of Ingredients

1 pound of carrots	Ritz crackers
Salt and pepper	1 1/2 sticks oleo cut into small pieces
1/2 package of Kraft Velveeta cheese	1 large can of evaporated milk

### THE HOW TO:

1. Mix all ingredients except the crackers and place in greased casserole.
2. Top with crackers.
3. Bake at 350 degrees for 25 minutes.
4. When the dish bubbles, remove from oven.

## EGGPLANT CASSEROLE

This recipe is of unknown origin.

The Table of Ingredients

1 eggplant	1/4 cup oleo
1 teaspoon salt	1 tablespoon Lee & Perrin sauce
1 tablespoon ketchup	1/2 teaspoon pepper
2 eggs	3/4 cup milk
1/4 of an onion chopped	1/4 cup chopped bell pepper
1/4 cup cracker crumbs	1 cup cheese

### THE HOW TO:

1. Peel and boil eggplant till soft. Then chop into small pieces.
2. Then mix other ingredients in with it.
3. Bake at 350 degrees till brown.

## EGGPLANT TOMATO TIAN

Weight Watchers 'Simply Delicious' Cookbook 2002

This is the first recipe "T" made in 2002 while she and Jerry were on the Weight Watchers diet. This eggplant tian has become a staple in her Weight Watchers diet. Jerry loves it too, as it has lots of taste. The word "tian" is a French word for any food prepared in an earthenware casserole. The flavors in this dish are traditional to the Provence region of France. "T" likes it because it is tasty and what's left makes a great topping for pasta.

The Table of Ingredients

1 ½ lb. Eggplant	3 onions
4 Cloves of Garlic	1 Tablespoon sugar
1 Tablespoon Capers	¼ cup Basil
¾ Teaspoon salt	½ Teaspoon pepper
1 Pound Tomatoes	1 Tablespoon Olive Oil
¼ cup Fat Free Parmesan Cheese	

## THE EGGPLANT TIAN HOW TO:

1. Pre-heat the oven to 450 degrees Fahrenheit.
2. Spray the casserole dish with PAM.
3. Cut the Eggplant into ¼ inch slices.
4. Place the eggplant slices into casserole dish.
5. Spray the eggplant with PAM.
6. Bake until softened, which is about 12 to 15 minutes.
7. Thinly slice the three onions and mince the garlic.
8. Spray a large non-stick skillet with PAM and set over medium high heat.
9. Add the sliced onions, minced garlic, and sugar to the skillet.
10. Stir until softened and lightly browned. Normally about 10 minutes.
11. Remove the skillet from the heat and stir in the capers.
12. Sprinkle the 2 Tablespoons of basil, ½ Teaspoon salt, and ¼ Teaspoon of pepper on top of the cooked eggplant.
13. Top with the onion mixture.
14. Sprinkle the remaining basil, ¼ Teaspoon salt, and ¼ Teaspoon pepper on top of the onion mixture.
15. Slice the tomatoes into ¼ inch slices and arrange them slightly overlapping in a single layer on top of the mixture.
16. Drizzle the olive oil over this and top with ¼ cup grated cheese.
17. Bake until heated through and the cheese is golden. This takes 25 to 30 minutes.

### The Eggplant Tian Leftovers

“T” loves to use the leftover eggplant tian to make a topping for pasta. To make the “leftover tian pasta” dish, you:

1. Roughly chop 2 Cups of your eggplant tian dish and mix this with an 8 oz. can of tomato sauce in a medium sauce pan.
2. Cook over medium heat until hot.
3. Serve this over your favorite pasta and top with Parmesan cheese.

## GARLIC BEANS – Amelia Kojak Farha

This recipe is from Amelia Farha, “T’s” grandmother. They are often called “Lebanese Green Beans” and are a real family favorite, always getting served at Ferniany family get-togethers. These are often served with baked chicken, also flavored with garlic.

### The Garlic Beans Table of Ingredients

Blue lake green beans in cans	garlic mashed
olive oil	Salt

#### THE GARLIC BEANS HOW TO:

1. Drain the cans of beans and then boil for a little while.
2. Drain and let cool.
3. In a casserole dish mash garlic and a little salt to taste.
4. Then add a little olive oil and add beans to this mixture.

Change amounts of garlic, salt, and olive oil as needed to taste right

#### GREEK POTATOES – Evangeline George

This recipe came from Evangeline George, "T's" cousin, who lives in Beaumont, TX. We first ate these with "Van" and "T's" Aunt Rosie, in the 89th year of Aunt Rosie's lifetime. "T just could not eat enough of these potatoes" so Van graciously contributed the recipe.

#### The Table of Ingredients

Potatoes	Greek Seasonings	olive oil
Oleo	chopped garlic	

#### THE HOW TO:

1. Cut potatoes in thick round slices.
2. Brown potato slices in olive oil and oleo mixture.
3. When browned place in casserole and add chopped garlic and Greek Seasonings. Bake at 350 degrees until done.

#### PICKLED ONIONS – Josephine Ferniany Yianitsus

This is from "T's" Aunt Josephine. These onions make an especially good compliment to chili. The onions keep in the fridge for days.

#### The Table of Ingredients

4 large onions	1 cup red vinegar
12 cup cool water	1 tablespoon salt

## THE PICKLED ONIONS HOW TO:

1. Peel and slice onions into very thin round slices.
2. Salt the onions in the bowl and let stand for approximately 2 hours.
3. Stir once in a while. After onions are wilted, add water and vinegar.
4. Let sit in fridge about 2 hours before serving.

## SPINACH CASSEROLE -- Anne Carwie

This recipe is from Anne Carwie, the wife of "T's" first cousin, who fixed this wonderful dish at a funeral. Since then, "T" fixes it for every Carroll family Christmas dinner. This recipe is very rich, and many people who have hated spinach have eaten this recipe, loved it, and asked "what was that vegetable?"

### The Table of Ingredients

2 packages of frozen chopped spinach	1/2 cup (1 stick) of Oleo or Butter
Pepperidge Farm Herb Stuffing Mix	8 Oz. Cream Cheese

## THE HOW TO:

1. Cook the spinach in either in microwave or on the stove as directed.
2. Drain the spinach very, well. Many have failed to make this recipe because they did not drain the spinach well enough. To make sure that it is drained, I let the spinach cool and then squeeze the water out.
3. Sometimes, I mash the spinach with a potato Masher. Then I let it drain in a colander.
4. Soften the 8 oz. of cream cheese and the stick of oleo or butter.
5. Using an electric mixer to the cream cheese and oleo into the spinach.
6. Put in a pie pan and top with Pepperidge Farm herb stuffing mix.
7. Pour 1/2 to 3/4 of a stick of melted oleo or butter over the top.
8. Bake in 325 or 350 oven until it bubbles, usually about 30 to 40 minutes.

## SPINACH PIES - Amelia Kojak Farha

This recipe came from Amelia Kojak Farha, "T's" grandmother, who made her own dough for these wonderful pies. They are a favorite in our family.

The Table of Ingredients

fresh or frozen spinach	chopped onions	oil
salt and pepper	lemon juice	biscuits
chopped pecans		

### THE HOW TO:

1. Use fresh or frozen spinach.
2. If you use fresh spinach you have to wash and drain it well and then cut into pieces.
3. If you use frozen spinach you defrost and drain out all of the water.
4. Add chopped onions, which you have mashed with your hands.
5. Before mashing you add salt and pepper to taste.
6. To the onions you add a little oil and a little lemon juice, and, if you like, you can add some chopped pecans.

## SQUASH PUDDING -- Juanita Farha Bando

This recipe came from "T's" Aunt Juanita, who lived in Beaumont, TX. and was a great cook.

The Table of Ingredients

2 pounds squash	3 tablespoons oleo
Salt and pepper	One small onion cut fine
3 eggs separated	

### THE HOW TO:

1. Cut the 2 pounds of squash into small pieces and steam them with a little water until tender. Mix butter with squash.
2. Beat the three egg yolks, and add them to the squash mixture.
3. Beat egg whites stiff and fold in to squash mixture.
4. Place the casserole in pan of water and bake at 350 degrees until puffed and firm, which will take approximately 30 minutes.

## SQUASH CASSEROLE -- from Nell Ritchie

"T" has had four "soul sisters" over the years: Jan Busbee from Georgia, Nell Ritchie in Mobile, and Susan Lawhorn and Linda Jani from Macomb, IL. "T" and Nell have had a wonderful relationship for over 20 years. Whenever we eat at Nell's home, she always delights us with wonderful meals. She gave us this recipe one Thanksgiving. We shared it at our family Christmas get-together, and everyone wanted it. This is one super casserole! Try it, you'll like it.

### The Table of Ingredients

1 cup mayonnaise	1 pkg. dry ranch mix
Oleo	3 cups squash (frozen or fresh)
1 large onion chopped	1 cup grated cheddar cheese

### THE HOW TO:

1. Defrost squash. Drain well.
2. If using fresh squash slice into thin rounds
3. Sauté onion and squash in oleo until tender.
4. Mix squash and rest of ingredients together. Top with breadcrumbs.
5. Bake in casserole at 350 degrees till hot and bubbly.

## STRING BEANS -- Amelia Ferniany Harrington

This recipe is from Amelia, "T's" sister.

### The Table of Ingredients

2 one pound cans French green beans drained	1- 3 oz. Can French fried onions
1/4 cup milk	1/8 teaspoon ground black pepper
1 teaspoon salt	2 tablespoons diced pimento
1 can cream of mushroom soup	

### THE HOW TO:

1. Combine milk, soup, salt, pepper and pour over beans.
2. Add 1/2 can of onions, pour into casserole.
3. Bake at 350 degrees for 20 minutes.
4. Garnish with 1/2 can of onions & pimentos
5. Bake 5 min. more.

## SUCCOTASH -- Mary Catherine Hyde Ferniany

This recipe came from "T's" Aunt Mary Catherine Hyde Ferniany, who gave it to Vivian, "T's" mom. It is a Southern favorite.

### The Table of Ingredients

Bacon	Onions	Okra	Corn off cob
Tomato sauce	One can lima beans	Salt and pepper	

### THE HOW TO:

1. Fry bacon and onions and then add the tomato sauce to the mixture.
2. Cut corn off cob and add to mixture.
3. Slice okra and add to mixture, and then add one-can lima beans at end.
4. Salt and pepper to taste.
5. Roll out biscuits that you get in the frozen food section
6. Put spinach mixture into center of biscuits and fold into a triangle.
7. Bake for 8 minutes or until brown.

## SWEET POTATO CASSEROLE -- Amelia Ferniany Harrington

This recipe is from Amelia, "T's" sister. It is a favorite with lots of taste.

### The Table of Ingredients

3 cups sweet potatoes	3/4 cup oleo	2 tablespoons flour
2 eggs	1 teaspoon vanilla	1/3 cup oleo melted
1/3 cup milk	1 cup brown sugar	1/2 cups nuts

### THE HOW TO:

1. Peel and cook sweet potatoes and mash them with other ingredients.
2. Then but in a greased casserole dish.
3. MAKE TOPPING out of
  - a. 1 cup brown sugar, 2 tablespoons flour
  - b. 1/3 cup oleo melted, and 1/2 cups nuts
4. Put topping on potatoes
5. Bake at 350 degrees for 25 MINUTES.

## TURNIPS -- Sarah Gunn Carroll

This recipe is from Jerry's grandmother. The Carrolls "ate lots of beans, turnips, and cornbread during the depression. " What was good in those hard times is still good today!!!

### The Table of Ingredients

Turnips	Salt meat
Salt and Pepper	Water

### THE HOW TO:

1. Wash leaves separately then cut off stems and peel top of roots.
2. Get leaves very clean!!!!!! If not, turnips might have that gritty taste.
3. Then put salt meat cut into pieces and add water, salt AND PEPPER.
4. When water is boiling then you put in turnips.
5. \*\*\*\*\* Never put turnips in cold water to COOK!!!

## VEGETABLE CASSEROLE -- from Tillie Carwie Prestia

This recipe is from Tillie Carwie Prestia, "T's" cousin. It is fresh and colorful, and is always a hit when you have to bring a casserole.

### The Table of Ingredients

1 (one) head of fresh broccoli	1 (one) head of fresh cauliflower
1 or 2 tomatoes cut into wedges	1 can whole pitted black olives
lemon juice	olive oil
1 package of GOOD SEASONS Italian salad dressing	

### THE HOW TO:

1. Cook the broccoli and cauliflower but leave them crisp.
2. After cooking the vegetables put them in the fridge.
3. About an hour before serving, cut up the tomatoes and arrange them with the vegetables.
4. Do the same for the olives.
5. Mix the good seasons dressing as directed but in place of the OIL.
6. Use olive oil and add 1 or 2 tablespoons of lemon juice as desired.
7. Pour the salad dressing mix over the vegetables.

*What's*

*For*

*Dinner?*

*Entrees*

## ARTICHOKES -- STUFFED from Tillie Carwie Prestia

This recipe is from Tillie Prestia. It is a favorite of all the Fernianys.

### The Table of Ingredients

12 large artichokes	2 onions
Little garlic	1 large can parmesan cheese
Little parsley	1 pint olive oil
Salt and pepper	2 large loaves of bread toasted ( or use seasoned Italian BREAD

### THE HOW TO:

1. Cut top and bottom off artichokes.
2. Core out center.
3. Wash well and drain.
4. Mix all the ingredients.
5. Stuff each artichoke leaf.
6. After stuffing, place in pan with a little water and steam until done.
7. Takes 1 1/2 to 2 hours.

## BEEF EN DAUBE 85'TH STREET – Jubilee Cook Book

This recipe came from the Jubilee Cook Book from Mobile, Al. Jerry's Aunt Catherine Stoll gave "T" this Mobile specialty cookbook at one of "T's" wedding showers. Catherine was the last of Jerry's Scott family ancestors, and died in 2002, after suffering from Alzheimer's for at least five years.

### The Table of Ingredients

1/2 stick butter or oleo	3 pounds of beef, cut in 1 1/2 inch pieces
1 tsp. salt	1/2 cup flour
1/4 tsp. pepper	2 cloves garlic, finely chopped
2 ounces brandy	2 large onions cut into large chunks
1 can beef bullion	1 1/2 cups burgundy (dry red wine)
1 can mushrooms drained	1 doz. small carrots
4 whole cloves	2 bay leaves
1/4 tsp marjoram	1/4 tsp thyme
3 Tbsp chopped parsley	Pie crust or biscuit dough for top

## THE BEEF EN DAUBE HOW TO:

1. This recipe cooks best in a corning-ware casserole disk.
2. Line the bottom of the corning-ware disk with a piecrust.
3. Roll beef in season flour (add salt & pepper to flour).
4. Melt butter in heavy skillet
5. Add garlic, add floured beef and brown on all sides to the skillet.
6. Pour in brandy and remove from heat.
7. Place beef in casserole or pot with tight cover.
8. Heat bouillon and wine in skillet, stirring from bottom to loosen all brown that may adhere.
9. Pour liquid in corning-ware casserole dish
10. Add onions, mushrooms, carrots and seasonings.
11. Seal casserole with piecrust or biscuit dough.
12. Bake in 300-degree oven for three hours.
13. This will serve 8 people.
14. You can serve it over rice.

## BEEF RAGOUT – Jubilee Cook Book

This recipe came from the Jubilee cookbook of the Mobile Junior League. Jerry's Aunt Catherine Scott Stoll gave "T" this cookbook at a wedding shower. "T" has made this recipe many times, and its fine seasoning makes it a favorite. Jerry's brother, David, and good friend, Rick Voss from Macomb, IL., always want "T" to make "that French stew" for them.

### The Table of Ingredients

1 pound round steak cut in cubes or 1 pound stew meat	2 cups beef stock or beef bullion
1 teaspoon kitchen bouquet	1 heaping tablespoon flour
1 medium onion chopped	1 teaspoon ketchup
1 large bay leaf	1/8 teaspoon salt
1/8 teaspoon pepper	1 can of mushrooms drained
2 tablespoons cooking sherry, sherry, or white wine	

## THE BEEF RAGOUT HOW TO:

1. Brown meat in butter.
2. Add flour, stir until smooth.
3. Add stock, kitchen bouquet and ketchup, bring to a boil.
4. Reduce heat.
5. Add onion, sherry, herbs, salt and pepper.
6. Cook slowly, covered, until meat is tender.
7. Add mushrooms, cook five minutes more.
8. Serve over rice, mashed potatoes or noodles.

## BEEF STROGANOFF – Vivian Farha Ferniany

This recipe was given to Vivian, "T's" mother, by her sister Juanita.

### The Table of Ingredients

1 1/2 pound ground beef	3/4 cup bread crumbs
3/4 cup milk	2 onions
chopped parsley	small amount of chopped celery
salt & pepper	1 large can drained mushrooms
one can beef bullion	1/2 cup sour cream
3 Tbsp Oleo	1 teaspoon paprika
1/2 tsp Worcestershire or Lee & Perrin sauce	

## THE HOW TO:

1. Chop one onion, the celery, and the parsley.
2. Add the breadcrumbs and salt and pepper to the mixture.
3. Combine the meat with the chopped mixture and shape the meat into balls.
4. In a frying pan, melt two tablespoons of oleo.
5. Put the meatballs into the frying pan and brown.
6. Remove and save.
7. In the same frying pan, create the second part of the recipe
  - a. Add about 1 tablespoon oleo.
  - b. Slice the second onion and add it to the pan.
  - c. Add the large can of drained mushrooms to the pan.
  - d. Add the teaspoon of paprika to this pan.
8. Sauté this mixture.

## THE BEEF STROGANOF HOW TO: -- Continued

9. After it is soft, sprinkle with 2 tablespoons of flour and stir into mixture.
10. Slowly add 1 can beef bullion and salt and pepper.
11. Return meatballs to skillet and simmer 15 minutes more.
12. Adding 1/2 tsp. of Worcestershire sauce
13. Also add the 1/2-cup of Sour Cream.
14. Serve with rice.

## BLACK BEAN AND SAUSAGE STEW

Weight Watchers '5 Ingredient – 15 Minute Cookbook'

This stew looks like most stews, but has a surprising number of different tastes. For the Weight Watchers dieters, this one has only six points when served over rice. Without the rice, the "soup" only has 2 points.

### The Table of Ingredients

Pam Cooking Spray	6 oz. Turkey kielbasa sausage sliced
One cup diced green, red, or yellow pepper (all three works well too)	One 14 ¼ oz can Fat Free Chicken Broth
One 15 oz. can black beans	¼ cup Picante sauce or Salsa
1 tsp Cilantro	1 ½ cups of rice

1. Rinse the black beans and drain. Cook the rice as normal.
2. Coat a medium sauce pan with Pam cooking spray. Place the sauce pan over medium high heat until hot. Add sausage, and sauté one minute or until the sausage begins to brown.
3. Dice the peppers and add to the sausage mixture. Sauté one minute.
4. Add the chicken broth and bring the mixture to a boil.
5. Reduce heat to low.
6. Add the black beans and the Picante sauce and the Cilantro.
7. Cover and simmer for five minutes.
8. Serve over rice.

When you serve this wonderful stew to your guests for the first time, you will get lots of compliments about how tasty this stew is. And of course, now you have the recipe.

## BROCCOLI and CHICKEN CASSEROLE – Catherine Scott Stoll

This recipe was contributed by Jerry's Aunt, Catherine Scott Stoll, who made this recipe for a Scott Family reunion on Carmel Drive in Mobile.

### The Table of Ingredients

2 bunches broccoli or 2 packages of frozen broccoli cooked and drained.	1 whole chicken deboned
1 can cream of chicken soup	1 can cream of mushroom soup
1 soup size can of water	3/4 soup can full of mayonnaise
Grated cheese to cover top	Bread crumbs to cover casserole
1/2 stick butter melted to pour over bread crumbs	

### THE HOW TO:

1. Brown chicken in oleo.
2. Cut up broccoli if fresh and wash.
3. If you are using frozen broccoli, just cook and drain.
4. Mix soups, mayonnaise, and water until soft in a saucepan.
5. Line a 2-quart casserole dish with broccoli.
6. Add chicken (cooked) add soups over this, then put bread crumbs, and cheese.
7. Bake at 300 degrees until bubbles appear and the cheese is melted.
8. Let the casserole sit for a while before serving or it will be runny!

## CHEESE SOUFFLE -- FRENCH STYLE -- Charlotte Freeman

Another recipe from Charlotte Freeman. Again, a winning recipe. Try any of Charlotte's recipes in our book. You will not be disappointed.

### The Table of Ingredients

3 tablespoons oleo	1/8 teaspoon pepper	1 cup boiling milk
3 tablespoon flour	5 egg yolks SEPARATED	3 oz . grated Swiss cheese
1 tablespoon grated Swiss cheese	1/4 teaspoon nutmeg	1/2 tsp salt

## THE CHEESE SOUFFLE HOW TO:

1. Use a 6 cup soufflé pan. Preheat oven to 400 degrees
2. Spread 1 tablespoon oleo around sides and bottom of dish sprinkle 1 tablespoon grated Swiss cheese in dish.
3. Melt butter in saucepan. Stir in flour and cook over moderate heat until oleo and flour foam together for 2 minutes without browning.
4. Remove from heat when mixture has stopped bubbling and pour in the boiling milk at once.
5. Beat rigorously until blended. Beat in seasonings.
6. Remove from heat and add egg yolks.
7. NEXT: Make a mixture with:
  - a. 5 egg whites.
  - b. Pinch of salt.
  - c. 3/4 cup (3 oz.) Grated Swiss cheese.
8. Beat egg whites till stiff with salt.
9. Fold above mixture into egg whites gently.
10. Add cheese gently and put into mold.
11. Should be about 3/4 full.
12. \*\*\* Turn heat down to 375 degrees.
13. Bake for 25-30 minutes.

NOTE: You must serve this at once or it will fall!!

## CHICKEN CASSEROLE -SOUR CREAM AND CRACKERS – Dee Gordon

One of six recipes we have added to our cookbook while living at Dauphin Island, Al, came to us from Dee Gordon. Dee and B.B. have lived on the Island for many years, and B.B. has wired many houses at the Island, including three that the Scotts have built. Dee says "I take this one everywhere, and they love it." Try it, you will love it!!

### The Table of Ingredients

6 chicken breasts or one whole fryer	1 can cream of mushroom soup
one 8 oz. carton of sour cream	1 can sliced water chestnuts
1 1/2 to 2 stacks of Townhouse crackers	1 can cream of chicken soup
1 1/2 sticks of oleo or butter melted	

## THE CHICKEN CASSEROLE HOW TO:

1. Boil chicken until tender, remove from bone and cut into bite size pieces. You can also use six chicken breasts.
2. Mix soups, sour cream and water chestnuts together.
3. Add chicken, salt and pepper to taste.
4. Crush crackers and mix with melted butter.
5. Put half of the cracker mixture in bottom of casserole
6. Place chicken mixture on top.
7. Cover chicken with remaining cracker mixture.
8. Bake in 350-degree oven for 45 minutes or until hot and bubbly.
9. Makes 1 large or 2 small casseroles.
10. These casseroles can be frozen, and served later. Serves 8

## CHICKEN POT PIE -- from Millie Carwie Haas

This recipe came from Millie Haas, "T's" first cousin, who lives in Atlanta. When the Scott kids were small, we sometimes visited the Haas family in Atlanta. Tracy and Laura Haas and the three Scott children became great favorites, and Thom thought that "Tracy hung the world." One of our favorite meals was this wonderful chicken potpie that Millie fixed the first time we visited Atlanta. "T" has since made this recipe many times, and it is remained a Scott family favorite, even now for the grandchildren. "Why improvise, when this one is already successful?"

### The Table of Ingredients

1 Chicken	1 Potato	Celery to Suit your Taste
Carrots	1 Can small English peas	1 Can Cream of Celery soup
1 Onion		1 Can of Drained Mushrooms

## THE HOW TO:

1. Make a pie crust from scratch and line the bottom of the pan or a corning ware dish. You can also use frozen piecrusts, and then just piece them together, if you don't have time. Millie always made her crusts, but "T" always uses the frozen kind.
2. Boil chicken and debone. Make sure to save the chicken broth.

THE CHICKEN POT PIE HOW TO:

3. Put carrots, onion, celery, and one potato into broth and cook until done.
4. They should not be mushy!! Keep them crisp.
5. In a separate bowl, put
  - a. One can of cream of celery soup
  - b. 1 can of drained mushrooms
  - c. 1 can of small English peas drained. \*\*\*\*\* You can use cream of mushroom or cream of chicken Soup \*\*\*\*\*
6. Cut up your mushrooms into small pieces and add this to the bowl.
7. Cut up your chicken into chunks, and not tiny pieces, and add this to the mixture.
8. Add salt and pepper.
9. Add broth. If necessary I always put a small amount so it won't be too dry.
10. Place this mixture over piecrust and put another crust on top of the mixture.
11. Cut slits in top of piecrust.
12. Bake at 350 degrees till crust is brown and it is bubbling.
13. \*\*\*\*\* Let this sit before serving \*\*\*\*\*

CHICKEN CURRY -- Mary Hardigan

This recipe is from Mary Hardigan, a member of a gourmet faculty group in Milledgeville, Ga. Even though this is an Indian recipe, Mary is from Dublin, Ireland.

The Table of Ingredients

1 Can Cream of Mushroom soup	2 teaspoons curry powder
1 chicken	1 8 oz. container of sour cream
3 Tablespoons of oleo	1 large onion
Mandarin oranges	Peanuts
Bananas sliced	Bell peppers chopped
Green onions chopped	

THE HOW TO:

1. Boil the chicken. After the chicken is boiled, de-bone and shred it.
- THE CHICKEN CURRY HOW TO – continued

2. While the chicken is boiling, chop the large onion.
3. Sauté the chopped onion in 3 tablespoons oleo until soft.
4. ADD the following to the sautéing mixture:
  - a. One can cream of mushroom soup
  - b. 2 teaspoons curry powder
  - c. 1/2 carton sour cream (8 oz.)
  - d. Thin with milk if necessary.
5. Add the cooked shredded chicken to the mixture.
6. Serve over rice.
7. On the dinner table, put out small bowls of:
  - a. Mandarin oranges, Peanuts
  - b. Bananas sliced, Bell peppers chopped
  - c. Green onions chopped

Serving Note: Everyone puts whatever he or she wants on top of the rice and curry. Do not shortchange on the mandarin oranges, as they highlight the color, taste, and texture of this wonderful dish. Thanks, Mary for such a wonderful recipe!

#### CHICKEN AND DUMPLINGS –Eyvonne Carroll Vick

This is one of Jerry's all time favorites. Every year at Christmas, Jerry's grandmother made this southern delight for him. Eyvonne tried for many years to teach "T" how to make this dish, and it wasn't until she visited us in Illinois that the lesson finally stuck. For this edition of the cookbook, Jerry and Eyvonne went over this recipe three times or until Eyvonne said "that is just right." If you want a truly Southern tradition, try this one!

#### The Table of Ingredients

4 cups self-rising flour	1/2 teaspoon of pepper
1 Chicken	1 1/2 teaspoons of salt
2 Tablespoons of parsley	2 Pieces of celery
3 Tablespoons margarine	Can of Cream of Chicken Soup
	A "baseball" amount of Crisco shortening

## THE CHICKEN AND DUMPLINGS HOW TO:

1. Boil chicken until done with 2 pieces of celery and salt and pepper.
2. Debone chicken and add 3 Tablespoons of margarine to the broth.
3. Remove the chicken and put it into another bowl until the dumplings are ready.
4. Add one can of chicken soup to the broth. Keep the broth boiling.
5. Now you have to make the dumplings. The dumplings are the key to this recipe!
6. Make dough like you do for biscuits in a pan.
  - a. Start with a "baseball" size amount of Crisco shortening.
  - b. Mix the 2 cups of self-rising flour with the shortening.
  - c. Add 2 cups of the chicken broth to the mixture.
  - d. Knead the mixture until it is stiff enough to roll.
  - e. Roll the mixture out in pieces and then cut it in strips
7. Drop the dumplings into the boiling broth mixture so that they go to the bottom.
8. Do not stir. If you need to create a hole to drop more dumplings into, you can use a knife, but do not stir. Eyvonne's words are "if you stir the dumplings, they go back to goup!"
9. Add the deboned chicken back into the broth and dumplings.
10. Sprinkle with the new parsley.
11. If your broth is thin, add one tablespoon of cornstarch to 1/4 cup of water to thicken.
12. By the time you finish adding your chicken, the dumplings will be done.

This recipe serves 10 to 12 people. To serve 5 or 6, half the recipe.

## CHICKEN -- Amelia Ferniany Carwie

This recipe is from "T's" Aunt Amelia Carwie. Aunt Amelia made many great meals and taught her daughters to cook also, so that family traditions could be carried on.

### The Table of Ingredients

One whole Chicken	3 tablespoons Lee & Perrin sauce
The juice of 2 lemons	One tsp oregano
Olive oil	Salt and Pepper
Whole tomatoes	Mushrooms

## THE BAKED CHICKEN HOW TO:

1. Wash the chicken, and then salt and pepper it.
2. Bake in open oven until blood comes out.
3. Strain all juices then put in 3 tablespoons Lee & Perrin sauce.
4. Let the chicken cook with a little water & cover with foil.
5. Just before done squeeze juice of 2 lemons over it.
6. Add one teaspoon oregano
7. Bake at 350 degrees
8. Or you can:
9. Brush chicken with olive oil and salt and pepper
10. Bake at 350 degrees.
11. Add:
  - a. Lee & Perrin sauce, oregano, whole tomatoes
  - b. Mushrooms and Lemon Juice.

## CHICKEN WITH GARLIC –Amelia Kojak Farha

This recipe is from "T's" grandmother, and her mother cooked it often. The Scott children always referred to this dish as "spicy chicken". It has been a family favorite and Vivian has served it to Jerry for over 40 years. He always loves it. For those who like garlic in their food, this is one great way to cook a chicken.

### The Table of Ingredients

Salt	Pepper	Garlic	1 Whole Chicken
Plain Oil		Olive Oil	Crumbled up bread

## THE HOW TO:

1. Salt and pepper the chicken then dip in plain oil and broil.
2. Make garlic sauce by mashing garlic with salt.
3. Add enough olive oil and a little bit of crumbled up bread to have enough sauce to dip chicken in.
4. When done dip each piece in garlic sauce and serve.
5. Give each person a small bowl of the garlic sauce mixture, so as he/she eats they can dip the chicken into the sauce.

## CHICKEN WITH SAFFRON RICE AND TOMATOES -- Amelia Kojak Farha

This recipe was given to "T's" mother, Vivian by her mother, Amelia Farha. The colors of this recipe are distinctive. The reds of the tomatoes matched with the yellow of the saffron rice make an interesting meal. Most set out small bowls of the reddish mixture and then you mix and match the yellow chicken and rice with the reddish mixture. Jerry just dumps the reddish mixture on top of the saffron rice with chicken. Either way, it is a very pleasant and enjoyable meal, and we have eaten it many, many times. The kids would ask "T", "Can we have that yellow rice and chicken dish for dinner?"

The Table of Ingredients

Chicken	Onions
Tomato sauce	chick peas in cans
Saffron	Oleo
one can whole tomatoes	chicken bullion
Rice	

### THE HOW TO:

1. Boil chicken with onions until tender.
2. The broth will be used for the rice and if any is left for the tomato sauce.
3. RICE:
  - a. Measure your rice and wash.
  - b. Then add chicken broth and chickpeas to this and some saffron.
  - c. Add salt and cook rice as usual.
4. TOMATO SAUCE:
  - a. Sauté onions with oleo
  - b. Add one can whole tomatoes squeezed with your hands
  - c. Add one can of tomato sauce.
  - d. To that add some broth if none is left use chicken bullion.
  - e. Add salt and pepper and cook
  - f. After a while add chicken pieces.

## CHICKEN TETRAZINI – All Saints Church Covered Dish Dinner

This recipe is from "T's" mother, Vivian, who got it from an All Saints' Episcopal Church covered dish supper. This is one of Jerry and "T's" daughters, Gwen's, favorite foods.

### The Table of Ingredients

1 chicken or parts	1 package of small egg noodles
1 can mushroom soup	1 can mushrooms drained
1/2 pound sharp cheese	Bread crumbs

### THE HOW TO:

1. Boil chicken until tender, skin and debone chicken when done.
2. Tear into shreds.
3. Do not throw out the broth that you cooked the chicken in.
4. Put the noodles in the broth that you have saved.
5. Add two chicken bullion cubes to this.
6. Make sure the broth comes to a boil.
7. Add the noodles.
8. Grate cheese.
9. When noodles are done, into casserole put four layers:
  - a. Layer of noodles
  - b. Layer of cheese
  - c. Layer of chicken
  - d. Layer of mushrooms
10. Keep making layers till you have used up all the chicken and noodles.
11. To broth, if small amount is left, add soup and some milk enough to cover casserole COMPLETELY.
12. Also add salt and pepper before covering casserole with soup mixture.
13. You can add pimentos if you want.
14. Use 1-cup breadcrumbs to which you add 1 cup of grated cheese.
15. Sprinkle this over the casserole and sprinkle with paprika.
16. Bake 1 hr. At 350 degrees.

## CHICKEN WITH RICE CASSEROLE

Of unknown origin, except that we got it in Milledgeville, Ga., in the 1970's.

### The Table of Ingredients

1/2 cup cooked rice	1 can mushrooms drained
chicken pieces	1 large onion
2 cans chicken bullion	salt and pepper
flour	oleo for top of casserole

### THE HOW TO:

1. In bottom of a long casserole dish or pan, put your rice which you have washed.
2. Over this, put one can of drained mushrooms, and one large chopped onion.
3. Flour.
4. Brown chicken pieces and place on top of the RICE.
5. Pour over enough chicken bullion to match what you need to cook the rice.
6. Dot with butter.
7. Bake at 350 degrees till done.

## CHILI -- TINY DINY STYLE -- Edward Ferniany

This recipe came from "T's" godfather, Ed Ferniany, who got it from the Tiny Diny Restaurant in Mobile. It was "Uncle Ed's special chili" until he told us how he got the recipe.

### The Table of Ingredients

5 large onion chopped	5 pieces garlic chopped
2 large can tomato puree	3 small tomato sauce
3 small tomato sauce	1 1/2 tablespoon cumin
1 1/2 tablespoon cumin	1/2 teaspoon cayenne
5 pound ground beef	2 can chili powder
Salt and pepper to taste	

## THE TINY DINY CHILI HOW TO:

1. Sauté onions and garlic in oil.
2. Add meat and sauté.
3. Add other ingredients and keep stirring.
4. Add 2 large cans water.
5. Cook on low fire stirring often-- Approximately 1- 1 1/2 hours -- add water if too thick.
6. Spoon off grease.

## CHILI AND TAMALES - Amelia Kojak Farha

This is one of "T's" favorites, as her grandmother, Tita Farha, personally taught her to make it, and it always conjures up pleasant memories of her grandmother for "T".

### The Table of Ingredients

4 lbs meat	1/2 cup shortening
1/2 bottle chili powder	1 teaspoon cayenne pepper
1/2 teaspoon ground cumin SEED	1 teaspoon salt
2 tablespoons flour	1 pound dry corn shucks
1 lb flour	3 tablespoons chili powder
1 tablespoon paprika	1 teaspoon salt
3 pounds tamalina or 2 lbs Corn meal	6 cubes beef bullion or beef stock from soup bone
1 cup shortening	

## THE HOW TO:

1. Note: 1 pound of flour = 4 cups of flour
2. First, make the CHILI:
  - a. Fry meat in shortening and when almost done fry well beating garlic.
  - b. And fry with it then add chili powder add all dry ingredients.
  - c. Then stir well and let fry for a while then add enough water to cover it and let cook until its done
  - d. Season to taste.

## THE CHILI AND TAMALES HOW TO – Continued

3. Next, make the dough:
  - a. Mix corn meal and flour together
  - b. Add all dry ingredients and Mix well together.
  - c. Then add melted shortening and mix well.
4. Add stock to make soft dough.
5. Next, make the SHUCKS:
  - a. Do not wash all at first.
  - b. Clean well getting all silk off in warm water.
  - c. Boil water and boil shucks until the shucks are soft
  - d. Remove the shucks from the water and wash.
  - e. Spread very thin dough on inside of shuck. It will puff when cooked.
  - f. Put 1 TBSP chili and roll leaf and fold top part down stack in POT.
6. Put some leaves in bottom of pot so tamales won't burn.
7. On top of tamales put 2 tablespoon chili powder, 1 teaspoon salt, and 1/2 cup shortening
8. Place dish over them pour enough water to cover. Cook until well done.
9. Keep basting them and let cook over slow fire.
10. Add more water if necessary.

Start on high fire until it boils and then lower the FLAME.

## CHILI CON CARNE -- Joanne Mayberry

This recipe came from Joanne Mayberry, Jerry's first real bridge partner. The recipe came from the Sandersville, Ga. Methodist Women's Cook Book. Joanne died of cancer at age 55 after completing her doctorate in Mathematics Education with Honors at age 53. Jerry always considers his not making Joanne's funeral one of his great failures.

### The Table of Ingredients

2 tablespoon oil	1 cup chopped onions	1 ½ Lbs. ground beef
1 or 2 cloves garlic	1 can kidney beans	1 tablespoon flour
1 can whole tomatoes	2 or 3 tablespoon chili powder	1/2 teaspoon salt
1/8 teaspoon pepper	1 teaspoon cumin	

## THE CHILI CON CARNE HOW TO:

1. Fry onions and garlic.
2. Add beef and brown.
3. Then add flour and seasoning.
4. Put into heavy kettle with the remaining ingredients.
5. Cook slowly 2 hours or more, covered.
6. Stir occasionally.
7. Freezes well.

## CHINESE LIVER/SHRIMP CASSEROLE – Gloria Solomon Farha

This recipe came from "T's" Aunt Gloria Farha, from Beaumont, Texas. Aunt Gloria undertook a catering career later in life.

### The Table of Ingredients

One cup cooked rice	one egg
Oil	chopped green onions
Celery cut on slant	regular onion chopped.
small can of drained sliced mushrooms.	cooked shrimp or chicken livers
One can water chestnuts	Soy sauce
one can drained bean sprouts	

### THE HOW TO:

1. One cup cooked rice..\*\*\*\*Cook without salt\*\*\*very important!!!
2. In bottom of skillet heat about one inch oil.
3. Scramble one egg fast when grease is very hot.
4. Sauté chopped green onions, celery cut on slant, regular onion chopped.
5. Let the celery stay crisp. Add small can of drained sliced mushrooms.
6. Add rice to all of this plus small amount of garlic powder.
7. \*\*\*Do not use Garlic salt\*\*\*
8. Add: one can drained bean sprouts and one can water chestnuts sliced and drained
9. Soy sauce to taste.

You can serve this plain or you can add cooked shrimp or chicken livers, which have been broiled and chopped.

CLAM SPAGHETTI -- Father Nick Navario

Another "real Italian food" from Father Nick Navario. This was a real favorite, as it was light. Tragically, Father Nick died from Aids.

### The Table of Ingredients

1 can clams	oregano
SUBSTITUTE THE CLAMS. For the shrimp.	Father Nick's shrimp recipe

#### THE HOW TO:

1. 1 can clams from grocery store. Follow Father Nick's shrimp recipe.
2. Add oregano and substitute the CLAMS for the shrimp.
3. Also you cook this on top of the stove you do not broil.
4. Serve over spaghetti!

### CRAB -- STUFFED -- Vivian Farha Ferniany

This recipe was given to "T's" mother, Vivian, by "T's" Aunt Amelia Carwie. It is a family tradition. Vivian has used special glass crab shells for years.

### The Table of Ingredients

bacon	Celery	salt and pepper
onions	Garlic	Eggs
Green pepper	green pepper	Bread crumbs
1 lb. crabmeat (picked)	Thyme	

#### THE HOW TO:

1. Fry bacon as normal.
2. Add diced ingredients: celery, onions, garlic, pepper, and parsley.
3. Sauté till tender.
4. Then season with salt, pepper, and thyme to suit your taste.
5. Add:
  - a. Eggs beaten, and the Crab meat, that has been carefully picked.
  - b. Bread crumbs.
6. Mix all ingredients together.
7. Place mixture into foil crab shell or cleaned, dry real crab shells.
8. Before baking add more egg or water if dry.

### DRESSING FOR TURKEY –Ina Carroll Scott

This is still another recipe that Jerry's Aunt Eyvonne tried to make like her sister, Ina, Jerry's mother, made. Ina's dressing was always the favorite at Carroll family Christmas parties. It was so good that everyone else quit making dressing to bring to the Christmas parties. When we get together nowadays for Christmas, everyone still talks about "Ina's dressing." Like all her recipes, Ina never wrote the recipe down. This recipe produces as close to Ina's dressing as anyone has been able to do so far. Part of the rationale for this cookbook is to bring tried and true family favorites through time and not lose the great foods we all have enjoyed as we grew up.

### The Table of Ingredients

Salt and pepper	turkey	1/2 cup pecans
paprika	Butter	1/2 cup oil
2 1/2 cups yellow onion	2 cup chopped celery	2 med green peppers
1 cup green onion		3/4 cup parsley
2 tablespoon garlic chopped	Toast 4 loaves French bread	Sprinkle with seasoning salt

#### THE HOW TO:

1. Salt and pepper turkey inside and out.
2. Put paprika on outside and baste with butter.
3. Then bake as directed on turkey.
4. DRESSING:
  - a. 1/2 cups yellow onion, 2 cup chopped celery
  - b. 1 cup green onion, 3/4 cup parsley
  - c. 2 tablespoon garlic chopped Toast 4 loaves French bread
  - d. 1/2 cup pecans, 2 med green peppers, 1/2 cup oil
  - e. Sprinkle with season salt

Note: Ina did not tell anyone how soften the stuffing. We think she used the broth from the turkey or the giblets that she had cooked. This dressing was not only very tasty, but very soft and smooth in your mouth.

## EGG AND POTATO DISH -- Amelia Kojak Farha

This recipe is from Amelia Kojak Farha, "T's" grandmother. It was a favorite dish for both "T's" Uncle Kamal Antone and his son, Ellis.

### The Table of Ingredients

Thinly sliced potatoes	oleo	Eggs
Onions	salt and pepper to taste	

### THE HOW TO:

1. Fry thinly sliced potatoes in oleo until done.
2. Remove and then add chopped onions, which you fry.
3. Put potatoes back in plus beaten eggs and salt and pepper to taste.
4. Cook until eggs are scrambled and done.

## EGGPLANT & HAMBURGER -- SYRIAN STYLE – Marie Carwie Koury

This is another recipe from the cookbook of Marie Koury, from Burlington, NC. This is a classic Lebanese stuffed vegetable or "misshie" recipe, which is sometimes called "the king of the misshies."

### The Table of Ingredients

2 eggplants	1 pound ground hamburger
1 large onion	2 tablespoons pine nuts (optional)
3 dashes cinnamon	1 teaspoon salt
1/4 teaspoon pepper	1 can tomato sauce
1/2 can water	

### THE HOW TO:

1. Peel and slice eggplant and rub with cooking oil
2. Place on cookie sheet and broil till brown.
3. Brown onion and meat and add salt, pepper, nuts and cinnamon.
4. In a casserole pan, place layer of eggplant and then put all of meat on top of this.
5. Place another layer of eggplant on top.
6. Pour tomato sauce and water over this plus a small dash of cinnamon.
7. Cover with foil. Bake for 45 minutes at 350 degrees.
8. Serve on top of Lebanese Rice.

## FONDUE -- BEEF

This is a long time favorite Scott recipe. "T" got this recipe from a nurse she worked with in the 60's in Starkville, Ms. It is often served at Scott Family get-togethers. This is usually served with a salad and a baked potato.

### The Table of Ingredients

Denatured alcohol	1 tablespoon garlic salt
1 tablespoon accent	Wesson oil
1 stick oleo and the same amount of oil half and half of each	Cooking sherry
Round steak	

### THE HOW TO:

1. Leave meat out of fridge for 30 minutes then place in tightly covered Bowl.
2. Cut round steak into bite size pieces, or about 1 inch squares.
3. Marinate the cut steak with the following mixture:
  - a. 3 tablespoon cooking sherry.
  - b. 3 tablespoon wesson oil.
4. Let this meat mixture sit in fridge at least 3-4 hours.
5. Heat oil and oleo on stove.
6. Pour into preheated fondue pot.
7. Give everyone two fondue forks (one is not enough).
8. With six or more persons, you are better off with two fondue pots.

Enjoy this pleasant meal. This is a good meal for guests, as you wait often for your fondue to cook, and usually have active and pleasant conversation while waiting for the meat to get done. Don't worry if a piece of steak falls off your fork – you will have well done fondue.

## GUMBO -- BEEF and OKRA -- Carroll Scott Jones

This recipe was resurrected by Jerry's sister, Carroll. His mother, Ina, never gave out her recipes. Carroll experimented with this recipe, finally getting "those little green peppers" which give this gumbo its distinctive taste. This was a favorite of Jerry's immediate family, who more than one time, have eaten a whole pot of this wonderful gumbo in one sitting.

### The Table of Ingredients

2 ½ lb. stew meat or chuck roast	4 to 6 green Tabasco peppers
salt and pepper to taste	3 stalks celery
1 ½ cups chopped onion	2 ½ lb. okra
5 pods garlic	1/4 teaspoon kitchen bouquet
3 heaping Tbsp Flour to make roux	Cooking oil to make roux
1/4 or 1/2 teaspoon dried parsley flakes.	1 dash Tony Chatcherie gumbo seasoning
6 Green onions	1 cup rice

### THE HOW TO:

1. Chop the onion, celery, garlic, and green onions.
2. Boil beef with the chopped vegetables and the parsley until beef is tender. You can also cook the beef in a pressure cooker.
3. Once the meat is tender, you
  - a. Slice the okra into ½ inch sections. Add the 4-6 Tabasco peppers.
  - b. Mix the okra and peppers into the meat mixture and cook for about 30 minutes on the medium to medium high setting.
  - c. If the gravy gets too thick, add water as needed.
4. Cook the 1 cup of rice as normal.
5. When the okra mixture is done and the okra is tender, remove the peppers.
6. Next you have to make a roux. To make the roux, you:
  - a. Put 2 ounces cooking oil in a pan.
  - b. Heat this mixture until the oil is hot, but not smoking.
  - c. Add 3 large heaping Tbsp (all purpose) to the oil.
  - d. Stir the roux mixture with a wisk until dark brown.
7. Slowly add the roux to the gumbo mixture, stirring through the mixture.
8. Let the okra cook for about 5 minutes more to fully season.

Serve over rice.

## GUMBO – SEAFOOD STYLE — Vivian Farha Ferniany

Everyone on the Gulf Coast makes gumbo. The gumbo question always is “is your roux thick or thin?” This is a thick roux gumbo, with lots of okra. We used to make this gumbo for parties in Georgia, which were always a hit.

### The Table of Ingredients

2 Stalks of Celery	3 Green Peppers	6 Large onions
2 Bunches of Parsley	8 Cloves of Garlic	1 Lb bacon
1 to 2 pounds fresh okra	3 Cans whole tomatoes	1 Lb Crab meat
8 Lbs beheaded and peeled shrimp	1/4 or 1/2 teaspoon dried parsley flakes.	1 ½ Cups Rice. You can use more or less.
For the Roux	1 Cup Oil	1 ½ cup flour

### THE HOW TO:

1. Cut bacon into 1 inch strips and cook in bottom of stock pot.
2. Chop celery, peppers, onions, garlic, and parsley.
3. Put the chopped items into the stock pot
4. Cook vegetables with until sautéed.
5. Add water and tomatoes
6. Let boil for 45 minutes
7. To make the Roux, brown 1 ½ cups flour and 1 cup oil in the skillet. The Roux smell is a characteristic smell for making gumbo. To thicken the Roux, make more of it!
8. Add the Roux to the vegetables and let this boil for 10 minutes, stirring regularly. Add the shrimp and crab meat.
9. Cook this about 20 minutes over medium heat.

What about the Rice? Some cooks, such as “T’s” Aunt Amelia Carwie, added the rice to the gumbo after Step 9. “T” cooks it separately and serves the gumbo over rice. It works either way. If you add the rice to the gumbo, cook it for about 15 more minutes.

Gumbo and Roux. Gumbo is an African word meaning “okra.” Jerry says “no okra equals no gumbo!” Cajuns make sausage gumbo without seafood. Some make it with “thin roux” and others use a “thick roux”. Jerry likes the thick roux, as it adds more body and distinctive flavor to the gumbo.

## HAMBURGER AND POTATOES – Vivian Farha Ferniany

“T’s” grandmother gave this recipe to Vivian. It has been served at many family meals, and “T” remembers that her grandmother always ate this dish with hard toast.

The Table of Ingredients

1 pound Hamburger meat	2 onions
Salt (to your taste)	Pepper (to your taste)
Bread Crumbs	4 potatoes

### THE HOW TO:

1. Chop one onion into small pieces and mash with your hands with the salt and pepper to make soft.
2. Mix the onion with the meat and the breadcrumbs.
3. Make into patties and fry till brown.
4. Remove and put in bottom of casserole dish to bake in oven.
5. Peel and cut potatoes and the other onion in quarters and brown them in the same grease you cooked the HAMBURGERS IN. You may need to add more oil or oleo.
6. Put potatoes and onions on top of hamburgers.
7. Pour tomato sauce over the whole casserole and add a little water
8. Sprinkle the top with cinnamon.
9. Cover with foil and bake at 375 degrees till meat and potatoes are done.

## LAMB LEG WITH HERB GRAVY – Barbara Lahey

This recipe was a gift from Barbara Lahey for a Seder Supper we were hosting in Milledgeville, Ga.

The Table of Ingredients

Leg of lamb	1 clove garlic minced
1 teaspoon salt	Pepper
2 tablespoon olive oil	2 tablespoon flour
1 teaspoon marjoram	1 teaspoon thyme
1 teaspoon rosemary (grind this up)	1 cup dry white wine
1 cup water	

## THE LAMB LEG WITH HERB GRAVY HOW TO:

1. Mix garlic, salt, pepper and oil and spread over lamb. Mix dry Ingredients. Sprinkle on top of oil mixture.
2. Pour wine and water in roasting pan.
3. After lamb has been roasting for about 20 minutes, start basting with WINE.
4. Bake 25-30 minutes per pound in moderate oven 300-325.

This Dish Is Not Good After The First Sitting!!!

## LASAGNA CASSEROLE – Jerry Bailey

This recipe is from Jerry Bailey, whom we knew in Milledgeville, Ga. The Scott kids all say "we like this better than real lasagna!" which they first called zagnut.

### The Table of Ingredients

1 pound ground beef	1 teaspoon salt
2 cloves of crushed garlic	1/2 teaspoon pepper
1-1 pound can whole tomatoes	1 -8 oz. Can tomato sauce
1 package spaghetti sauce mix	1/2 pound lasagna noodles
1/2 pound mozzarella cheese	1/2 cup parmesan cheese

## THE HOW TO:

1. Brown meat in skillet and then add salt, garlic, and pepper.
2. Simmer for about 10 Minutes.
3. Add tomatoes, tomato sauce, and spaghetti sauce mix. Mix thoroughly.
4. Cover and simmer for another 30 minutes.
5. Boil noodles in salted water until almost tender, and drain and rinse.
6. Pour 1/4 meat mixture in baking dish, and cover with 1/3 of noodles.
7. Arrange 1/3 of cheese over noodles.
8. Repeat two times and end with sauce.
9. Top and top with Parmesan cheese.
10. Bake at 350 degrees for 20 minutes.

## LOBSTER-STYLE AU GRATIN – from the back of the package

This really light recipe came from the Louis Kemp package. Jerry really loves this dish.

### The Table of Ingredients

2 tablespoon margarine	1 package of Louis Kemp lobster delights
1/8 teaspoon garlic powder or a couple of garlic cloves chopped	2 tablespoons white wine, cooking sherry
1 large onion	1/4 teaspoon dill weed
1 cup seasoned breadcrumbs	1 tsp. grated parmesan cheese

### THE HOW TO:

1. Melt margarine in large skillet over medium-high heat.
2. Sauté sliced onion and chopped garlic cloves and add LOBSTER Delights
3. Cook and stir until lightly browned.
4. Stir in wine and dill add topping:
  - a. 1 tablespoon crushed seasoned salad croutons or breadcrumbs
  - b. 1 teaspoon grated parmesan cheese

## MEATLOAF – Lipton Onion Soup Box

"T" has always made a really great meatloaf. Everyone makes meatloaf, but usually all the cooks who try "T's" version want the recipe. They usually ask "where did you get your meatloaf recipe?" "T" tells them to look on the Lipton Onion Soup box, where this gem was originally discovered.

### The Table of Ingredients

1 Envelope Lipton onion soup	2 Pounds ground beef	1 1/2 Cups soft bread crumbs	2 Eggs
1/4 cup water	1/3 Cup catsup	Bacon strips for top	

### THE HOW TO:

1. Preheat oven to 350 degrees.
2. In large bowl, combine all ingredients.
3. In large shallow baking pan, shape into loaf.
4. Top with strips of bacon.
5. Bake one hour or until done.

## MEAT PIES -- LEBANESE STYLE –Marie Carwie Koury

This is a Ferniany family recipe that came from Marie Koury, of Burlington, NC. Marie is "T's" first cousin, and published a cookbook, which contained this gem. This is one of Thom's favorites, and he cooks it now.

### The Table of Ingredients

1 pound ground beef	1 1/2 tablespoon pine nuts (optional)
3 dashes cinnamon	1/4 teaspoon black pepper
2 teaspoons salt	1 large onion
1 can of biscuits	1 small carton plain yogurt drained
2 1/2 or 3 lemons or the juice of these lemons	

### THE HOW TO:

1. Fry ground beef and onion.
2. Then add pine nuts, cinnamon, salt and pepper and fry 5 minutes more.
3. Drain and let this cool. Add yogurt and lemon juice and mix.
4. Roll out biscuits and put on cookie sheet
5. Add some of the meat mixture to center of this. It will look like a small pizza.
6. Bake as directed on biscuit package.

## MEXICAN DISH WITH FRITOS – Juanita Farha Bando

This is from "T's" aunt, Juanita. Juanita was a wonderful cook who served many varied and very precise meals. Juanita gave "T's" mother, this wonderful casserole to Vivian, who cooked it and gave it to "T". Our family has had this dish many times.

### The Table of Ingredients

1 Pound ground beef	1 Can kidney beans drained
1 15 oz can enchilada sauce	8 oz Can tomato sauce
1 Onion chopped	1 Package 6 oz Fritos
2 Cups grated cheese	Set aside 1/2 cup Fritos for top
Set aside 1/2 cup of cheese	

## THE MEXICAN DISH WITH FRITOS HOW TO:

1. Brown meat and onions add all other ingredients.
2. Top with the 1/2-cup of Fritos and the 1/2-cup of cheese.
3. Bake at 275 degrees for 20-25 minutes.
4. This dish is done when cheese is melted and it is bubbling.

## MUSHROOM QUICHE – Charlotte Freeman

Another recipe from Charlotte Freeman, who learned it at a cooking school in Paris, France. A real winner!

The Table of Ingredients

1 pie shell, baked only 8 minutes	1 small onion
1 cup milk or 1/2 cup milk and 1/2 cup half and half	1 can sliced mushrooms, drained
Salt and Pepper	2 tablespoons oleo
A small shake of Nutmeg	2 eggs
4 tablespoons Swiss Cheese, Grated	

## THE HOW TO:

1. Bake the pie shell only 8 minutes and take it out. You will bake it more later to get it fully done.
2. Now make the filling:
  - a. Cook the onion together with the 2 tablespoons oleo until onion is soft and translucent but not brown.
3. Next, make the egg mixture
  - a. Beat lightly 2 eggs.
  - b. Add 1-cup milk or half milk and half cream to mixture.
  - c. Add salt and pepper, as appropriate.
  - d. Add a very small shake of nutmeg.
4. Put onions and mushrooms in bottom of crust.
5. Pour in eggs
6. Sprinkle with 4 tablespoons of grated Swiss or cheddar cheese.
7. Bake at 350 degrees for 30 minutes or until knife comes out clean.

\*\*\*\*\* YOU CAN ADD CHICKEN OR HAM TO THIS! \*\*\*\*\*

## PASTISTO -- Josephine Ferniany Yianitsus

One of "T's" favorite recipes was her Aunt Josephine's Pastisto. This recipe was given to "T" in minute detail by her aunt, even telling her how to put the pot on the stove. It is a Scott family favorite, and is often served at family get-togethers.

### The Table of Ingredients

1 1/2 pound ground beef	1 package long macaroni or linguini
1 large onion	1/2 can tomato sauce
2 large sprigs of parsley	1 cup full of grated Romano Cheese
3 tablespoons butter or oleo	Salt and pepper
allspice	5 eggs

### THE HOW TO:

1. Chop the onions and fry the ground beef in the onions and oleo.
2. When the meat is brown, add
  - a. Parsley, 1/2 can of TOMATO Sauce, 2 cups water
  - b. Salt and pepper, and the 1/4-teaspoon ALLSPICE.
3. Cover and let cook until water evaporates. Cook macaroni cook 10-15 minutes or as directed.
4. When macaroni is drained add 3 eggs into the MACARONI.
5. Work in well with hands. Until it is very foamy.
6. Grease pan (13 by 9") and put 1/2 of the macaroni in bottom.
7. Add 1/2 cup of Romano cheese over the macaroni.
8. Then spread meat sauce over this.
9. Now put rest of macaroni on top of the meat mixture
10. To make the cheese sauce, combine 1/4 lb. of oleo and 1/3 cup flour
  - a. Fry flour with oleo, but do not let it brown.
  - b. Add 2 eggs, which have been mixed well with the milk.
  - c. Pour the milk and egg mixture gradually into the flour and oleo.
  - d. Cream sauce is done when it starts to come to a boil.
11. Put the cheese sauce as a top layer over the macaroni, Romano cheese, and meat mixture. Spread evenly and top with paprika.
12. Cook at 350 degrees for one hour.
13. Take out of oven and let cool several hours before you CUT INTO SQUARES. This is very important.

Note: This dish freezes well.

## PORK CHOPS

A recipe of unknown origin.

### The Table of Ingredients

Pork chops	Potatoes
Parmesan cheese	sliced onions
oil for browning chops	beef bullion {canned or cubes}
flour for breading chops	

### THE HOW TO:

1. Bread and brown pork chops.
2. Then sear them with tablespoon oil
3. Put small amount of flour on bottom of pan and put pork chops in pan.
4. Then place a layer of sliced potatoes, some Parmesan cheese, and a layer of sliced onions over the pork chops.
5. Cover with one can of beef bullion
6. Cover casserole and cook for 45 minutes.

## POTTED BEEF -- ITALIAN STYLE – Charlotte Freeman

From Charlotte Freeman, who first cooked it for us. Charlotte taught "T" how to use a pressure cooker and told us "this recipe is in your pressure cooker cookbook!" We have cooked this wonderful recipe many times, and it is always a winner!

### The Table of Ingredients

2 tablespoon olive oil	1 carrot chopped	1 onion chopped
3 ½ pound chuck roast	1 bay leaf	1 clove garlic
1/2 cup diced celery	1 cup red wine	1 (6 oz.) Can tomato Paste
10 ½ oz. can beef broth	2 teaspoons salt	1 1/3 cup mushrooms

### THE HOW TO:

1. Brown roast on all sides in oil at high fire to sear.
2. Add prepared vegetables and seasonings.
3. Blend tomato paste with broth and wine.
4. Pour over meat.
5. Cook 35 minutes in pressure cooker or bake at 375 degrees for 2 1/2 HOURS.

## RED BEANS AND RICE

A southern tradition. Everybody has one; hardly anyone knows where he or she got their own recipe. This is ours, and one of our family favorites.

### The Table of Ingredients

1 Onion	1-3 Cloves of Garlic
1 Bell Pepper	1 Can of kidney beans
Olive Oil to Sauté with	1 8 oz. can of Tomato Sauce
Ham bone or Smoked Sausage	Rice -- we use long-grained

### THE HOW TO:

1. Cook the rice as normal, following directions or whatever.
2. Chop the onions, garlic and bell pepper and sauté in the olive oil.
3. Add the kidney beans (with their juice) and the tomato sauce to this mixture. Also add a small amount of water to this mixture.
4. Add the ham or sausage and simmer until the meat is done.
5. If you are using a Ham Bone, cook until the ham starts to fall off the Bone. Then remove the Ham Bone and remove the ham from the bone and add it the ham back to the mixture.
6. Serve over rice.

## RED HOTS – Juanita Farha Bando

This recipe came from "T's" maternal Aunt Juanita Bando.

### The Table of Ingredients

1 package red hots	1 1/2 cup ketchup	Salt and Pepper
Lee and Perrin	Dash Tabasco	2 large onions

### THE HOW TO:

1. Cut red hots in half length wise and place in baking pan.
2. MIX 1 1/2 cup ketchup, a little Lee & Perrin sauce, the dash of Tabasco, and salt and pepper to suit your taste
3. Slice the two large onions and place the sliced onions over the red-hots.
4. Pour sauce over the red hots and onions.
5. Bake at 350 degrees until done.

## RICE -- CHINESE FRIED STYLE – Barbara Lahey

Barbara Lahey, whom we met in Milledgeville, Ga. during the 1970's, gave this recipe to us. Barbara came to Milledgeville from Long Island, NY.

### The Table of Ingredients

3 slices of bacon	rice
soy sauce	eggs
onion	

### THE HOW TO:

1. Cook rice as directed
2. Fry 3 slices of bacon. Remove and reserve
3. Scramble egg in bacon grease
4. Brown onion in bacon grease
5. Add soy sauce.
6. Crumble bacon on top of rice.

## RICE -- SYRIAN STYLE –Vivian Farha Ferniany

This is another recipe from "T's" mother, Vivian, who says that "it is a standard Lebanese recipe."

### The Table of Ingredients

rice	oleo
spaghetti noodles	cinnamon

### THE HOW TO:

1. Measure out rice and wash and drain.
2. Set the rice aside.
3. In the pot that you will cook the rice in, melt some oleo.
4. Then break up some uncooked spaghetti noodles and brown them in the Oleo. Do not let the noodles burn!!
5. Add rice, salt, and a dash of cinnamon to the noodles and oleo
6. Add the right amount of water to cook the rice, which is normally about 1 1/2 times the amount of rice.
7. Leave pot uncovered at this point.
8. Let water come to a boil and almost boil completely out.
9. Then cover, lower fire and let rice steam until it is dry and fluffy.

## RICE -- SPANISH STYLE – Vivian Farha Ferniany

This is Vivian's, "T's" mother's, recipe.

### The Table of Ingredients

Chopped Onions	Green Peppers
Chili Powder	1 can tomato puree
One beef Bullion Cube	

### THE HOW TO:

1. Sauté onions and green peppers.
2. Then add the rice and brown.
3. Add a little chili powder, the tomato puree, and then salt and pepper to taste.
4. Add beef bullion cube which has been mixed with water
5. Cook as usual.

## RICE -- WILD RICE CASSEROLE

This recipe is of unknown origin, except that it came from someone "T" worked with in Starkville, Ms., in the 1960's.

### The Table of Ingredients

One stick of oleo	One small can chopped pimentos
One Bell Pepper	Uncle Ben's long grain and wild rice
One Onion	One small can chopped pimentos
1/2 cup slivered almonds	One can Cream of Mushroom soup

### THE HOW TO:

1. Prepare the Wild Rice using the directions on the Wild Rice box.
2. Chop both the onion and the Bell Pepper.
3. Sauté the onion and bell pepper with the stick of oleo.
4. Mix the can of cream of mushroom soup into the mixture.
5. Add the can of chopped pimentos and the 1/2 cup slivered almonds.
6. Cook for one hour at 325 degrees.

## SALMON CROQUETTES – Victoria Ferniany Apostle

This recipe came from “T’s” Aunt Vicky Apostle, who lived in Miami, FL.

### The Table of Ingredients

1 can salmon	1 onion chopped very fine	cracker meal
salt and pepper	1 egg per can of salmon	juice of one lemon
Thyme		

### THE HOW TO:

1. Do not pour out all the salmon juice.
2. Chop onion fine and crush with your hand. Put salt and pepper into this mixture when you crush onion.
3. Add one egg per can of salmon and pick the salmon clean of bones etc.
4. Add cracker meal and the Juice of one lemon.
5. Add Thyme to suit your taste.
6. And enough juice from the salmon to form into small oval shapes.
7. Fry in oil till brown.

## SCALLOPS --COQUILLES SAINT JACQUE -- Charlotte Freeman

A scallops seafood classic! We learned this recipe from Charlotte Freeman, who learned it in a French cooking school in Paris, France. After eating this classic, we purchased a whole set of scallop shells to further enjoy eating Coquilles Saint Jacques.

### The Table of Ingredients

4 tsp oleo	1/2 tsp garlic salt	1 small onion chopped
2 TBsp flour	1/3 cup dry white wine	1 pound fresh or frozen sea scallops
1/2 tsp salt	1/4 cup light cream	3-4 oz. Chopped mushrooms ***save juice***
2 egg yolks	2 tablespoon chopped parsley	2 tablespoon grated Swiss cheese
1 cup water	1 cup fresh bread crumbs	1/4 teaspoon pepper

### THE HOW TO:

1. Combine the wine, water, garlic, and salt in a large pot.
2. HEAT TO BOILING.

## THE COQUILLES SAINT JACQUE HOW TO: -- Continued

3. Quarter scallops (if frozen, thaw first).
4. Place in boiling liquid and cover.
5. Simmer 5-7 minutes or until tender
6. Lift scallops from liquid and place in a small bowl.
7. Cook down liquid rapidly until it measures 3/4 cup.
8. Drain liquid from mushrooms and add 3/4 cup to make 1 cup liquid.
9. Sauté onion in 2 tablespoon of oleo until soft.
10. In the same skillet, stir in flour, salt and pepper, and cook, stirring constantly, until bubbly.
11. Stir in mushrooms, scallops, liquid, and cream.
12. Continue cooking.
13. Add bread crumbs and parsley into mixture
14. Stir until mixture thickens and boils one minute.
15. Beat egg yolks slightly in a small bowl
16. Slowly stir in 1/2 cup of the hot mixture into the scallop mixture.
17. Stir in 1/2 cup of the hot mixture into the scallop mixture.
18. Then put it back into remaining mixture in skillet.
19. Cook one minute longer, and then spoon into 4 large shells.
20. Preheat broiler, sprinkle Swiss cheese on top of each one.
21. Heat 3-4 minutes.

## SHRIMP -- FATHER NICK'S ITALIAN SPECIALTY – Nic Navario

In Milledgeville, Ga., "T" and Jerry befriended a priest, Father Nick Navario, who got "T" started in her ministry to the handicapped. Father Nick was of Italian origin and had lived for several years in Italy. He always said that he would cook us some "real Italian food." Our families liked this recipe so much that it has become our standard "shrimp with pasta" dish.

### The Table of Ingredients

1 stick oleo	1/2 cup olive oil
1/4 cup finely chopped scallions	1/2 tablespoon lemon juice
1 tablespoon finely chopped garlic	1 1/2 lb. shrimp peeled and deveined
1 tsp. salt	fresh ground pepper
Pinch of basil	Your standard pasta

## THE FATHER NICK'S SHRIMP HOW TO:

1. To make this recipe, you have to make three separate items:
  - a. A Shrimp mixture
  - b. Peeled and de-veined Shrimp – medium to small work best in this recipe, not jumbo
  - c. Your standard pasta – Jerry prefers vermicelli
2. To make the Shrimp mixture, you:
  - a. Melt 1 stick oleo and ½ cup olive oil in a baking dish and add:
  - b. 1/2 tablespoon lemon juice, 1/4 cup finely chopped scallion
  - c. 1 tablespoon finely chopped garlic, 1 teaspoon salt
  - d. Fresh ground black pepper, a little pinch of basil
3. Peel, de-vein, and clean the shrimp.
4. Once you have made the shrimp mixture, roll the 1 ½ pounds of shrimp in the shrimp mixture
5. Turn the broiler on. Put the shrimp mixture in the broiler.
6. Broil for 5 minutes then turn and broil till brown.
7. Serve with lemon quarters so you can squeeze lemon juice on the shrimp when you eat them.
8. Second, make a dish of your favorite pasta – Jerry prefers vermicelli
9. You do not have to do anything special to the pasta, it just needs to be ready when the shrimp are!
10. Serve the two dishes, the shrimp and the pasta, and let everyone decide how much pasta they want to put with their shrimp mixture.

## SHRIMP --STIR FRIED WITH PEAS – from the Philippines

This recipe came from a Philippine Doctor and his wife whom "T" worked with at Central State Hospital in Milledgeville. They served us this specialty at our farewell dinner when we left Milledgeville, Ga. It was quite a treat!

### The Table of Ingredients

1 pound raw shrimp	1 package frozen peas, defrosted
2 teaspoon cornstarch	1 egg white
1 teaspoon salt	3 tablespoons oil
1 green onion, chopped	2 teaspoons rice wine or white wine or cooking sherry
	3 pieces ginger root about one inch in diameter and 1/8" thick

## THE SHRIMP --STIR FRIED WITH PEAS HOW TO:

1. Clean and de-vein shrimp and combine the shrimp with cornstarch.
2. Mix egg white and wine and salt and add this to the shrimp.
3. Combine well and marinate overnight.
4. Defrost peas, as they need to be ready when the shrimp are
5. Heat it in wok or skillet for about 30 seconds.
6. When oil begins to smoke, add onion and ginger slices.
7. Fry ginger and onion mixture for about 30 seconds in oil.
8. Remove from wok with slotted spoon.
9. Drop shrimp in wok and cook until shrimp are pink.
10. Drop peas in until they are heated.
11. Remove to platter and serve.

## SLOPPY JOES –Charlotte Freeman

This is still another recipe from that wonderful cook, Charlotte Freeman. Even though it sounds funny, this is a great recipe for Sloppy Joes, a perennial family favorite, especially among the kids.

### The Table of Ingredients

1 large Onion Chopped	1 can mushrooms drained
1 pound of ground beef	1/2 cup ketchup
1 tablespoon of Worcestershire or Lee & Perrin sauce	5 drops of Tabasco or other hot sauce
Salt and Pepper	3 Tablespoons red wine

## THE HOW TO:

1. Brown together the large chopped onion, the can of drained mushrooms, and the pound of ground beef.
2. To this, add the other ingredients, to suit your taste.
3. Serve on buns or in pita bread with corn on the cob as a side dish.

## SPAGHETTI -- Theodora Ferniany Scott

T got this recipe from an Italian nurse at the University of Georgia Health Center in Athens, Ga. Everyone has had spaghetti, but "T" has seasoned this one so that it has a little more brown and less red than is typical. We all love it.

### The Table of Ingredients

Ground beef	Olive oil
onions	garlic
1-2 large bay leaves	2 stalks chopped celery
2 tablespoons oregano or to taste	2 tablespoon sugar
2 tablespoon parsley	2-3 chicken bullion
1 small can tomato paste	1 large can tomato sauce
Salt and pepper	1 can mushrooms drained

### THE HOW TO:

1. Brown ground beef in olive oil.
2. While browning meat chop onions and garlic and add this to the meat
3. When beef is brown add the following:
  - a. 1-2 large bay leaves, 2 stalks chopped celery
  - b. 2 tablespoons oregano or to taste
  - c. 2 tablespoon sugar, 2 tablespoon parsley
  - d. 2-3 chicken bullion cubes, 1 small can tomato paste
  - e. 1 large can tomato sauce, Salt and pepper
  - f. 1 can chopped mushrooms drained
4. Mix all this well and simmer for a long time
5. Serve over spaghetti noodles, which you have cooked and drained but not rinsed.

## SWISS STEAK -- Amelia Kojak Farha

Another recipe that "T's" grandmother, Tita Farha, gave to Vivian, "T's" mother, and now "T" cooks regularly.

The Table of Ingredients

Swiss steak	Flour for breading	Paprika	Celery
Crisco for frying	Salt and pepper	Onions	

### THE HOW TO:

1. Salt and pepper meat and then roll in the flour.
2. Put a little CRISCO in the frying pan and then fry meat on low fire.
3. Cut onions and celery small and fry in same grease TOGETHER.
4. Add salt and pepper and paprika. Add the meat and water.
5. Let the mixture steam a little while and bake until meat is tender.

## TACO SALAD – Charlotte Freeman

Another recipe from Charlotte Freeman. An excellent light meal. This was the first meal Charlotte Freeman ever served us. It was so good that we welcomed any future invitations to sample her excellent cooking.

The Table of Ingredients

1 pound hamburger	1 large chopped onion
1 package of dry taco mix	1 can kidney beans DO NOT DRAIN
1 avocado cut into small pieces	1/4 head of lettuce shredded or cut into small pieces
Two handfuls of crushed taco chips	1/2 lb. shredded cheddar cheese
2 tomatoes chopped REMOVE SEEDS BEFORE ADDING TO SALAD	

### THE TACO SALAD HOW TO:

1. Mix and brown together: hamburger meat, chopped onion and taco mix.
2. ADD 1 can kidney beans \*\*do not drain\*\*, 1/4 head lettuce shredded or cut into small pieces, 1 avocado cut into small pieces, 1/2 pound shredded cheddar cheese, 2 tomatoes chopped \*\*remove seeds before adding to salad\*\*, and two handfuls of crushed taco chips
3. Mix together and serve.

You must serve this immediately or it gets soggy!!

## TOJAN -- LEBANESE FISH AND RICE -- Amelia Kojak Farha

This is still another recipe from Tita Farha, who gave it to Vivian. In "T's" family, there are two versions of Tojan, or as they say "one from the seacoast and one from the hill country!"

### The Table of Ingredients

onions	pine nuts	rice	snapper or red fish (ONLY)
lemon	cinnamon	olive oil	

### THE HOW TO:

1. Fry large onion in olive oil and scoop it out after browning.
2. Put water into boil fish (snapper or red fish only)
3. Boil 1/2 hour. Boil fish with head. After done put on plate.
4. Put enough water to boil rice. Add cinnamon, salt and pepper
5. Bring water to boil. When it comes to a boil add rice then steam.
6. Before you steam have pine nuts that have been fried in OLIVE OIL. Pour the pine nuts over the rice.
7. Put big chunks of fish and pine nuts on top. Serve with lemon.
8. An Alternate recipe: Fry onion in pot with oil & cinnamon & saffron. Then take fish out and strain broth; otherwise this is the same recipe.

## VEAL CHOPS WITH NOODLES -- Juanita Farha Bando

This recipe came from "T's" Aunt Juanita, who lived in Beaumont, Texas.

### The Table of Ingredients

Veal chops	Onions – to suit your taste
Oil for browning chops	1 can cream of mushroom soup
Lee and Perrin sauce	Egg noodles

### THE HOW TO:

1. Brown chops in grease. Take out and add onions to grease.
2. Add water and cook until tender
3. Add chops, cream of mushroom soup, lee & Perrin sauce
4. Cook the noodles normally in another pan.
5. Put the noodles at the bottom of pan. Pour sauce and meat on top.

*Cakes*

*Cookies*

*Pies*

*What's*

*for*

*Dessert?*

# CAKES

## APPLE DAPPLE CAKE -- Sarah Gunn Carroll

This recipe was given to us by Jerry's Granny Carroll, who got it from the recipe section of the Mobile Press Register. Granny had a knack for figuring out which printed recipes would be excellent. This cake tastes much better than it looks, and often gets comments like "this is the best cake I have ever tasted." It is better after setting a day.

### The Table of Ingredients

2 cups sugar	1 1/2 cup cooking oil
2 tsp. vanilla	3 cups all purpose flour
3 eggs	1/2 tsp salt
1 tsp soda	1 cup chopped pecans
3 cups peeled and chopped cooking apples cut into chunks	
1 cup brown sugar	1/4 cup milk
1 stick of oleo	

### THE HOW TO:

1. BLEND TOGETHER:
  - a. 1 1/2 cup cooking oil, 2 cups sugar
  - b. 2 teaspoons vanilla, and 3 eggs
2. SIFT TOGETHER:
  - a. 3 cups plain flour
  - b. 1/2 teaspoon salt
  - c. 1 teaspoon soda
3. Combine Steps 1 & 2 and mix well.
4. Then fold in one cup chopped nuts and 3 cups peeled and chopped apples.
5. Bake in tube pan which is well greased and floured
6. 350 degrees for one hour.
7. TOPPING:
  - a. 1 cup brown sugar, 1/4 cup milk
  - b. 1 Stick Oleo, Cook 3 minutes
8. Pour topping on cake while cake is still hot.

## APPLE SAUCE NUT BREAD -- Charlotte Freeman

This is another of the wonderful recipes from Ms. Charlotte Freeman, who we met in Hull, Ga. All of Charlotte's recipes are excellent and worth trying!!!

### The Table of Ingredients

1 1/4 cup applesauce	1 teaspoon baking soda
1 cup sugar	1/2 teaspoon cinnamon
1/2 cup cooking oil	1/4 teaspoon nutmeg
3 tablespoons milk	1/2 cup chopped nuts
1/4 chopped nuts	1/2 teaspoon baking powder
1/4 cup brown sugar	1/2 teaspoon cinnamon
2 eggs	1/4 teaspoon salt
2 cups flour	1/4 teaspoon allspice

### THE HOW TO:

1. Combine applesauce, sugar, oil, eggs, milk and mix.
2. Add dry ingredients to this mixture and beat well.
3. Fold in pecans put in greased loaf pan.
4. Combine last three ingredients and sprinkle over batter.
5. Bake at 350 degrees for on hour. Remove and cool on rack.

### BANANA SPLIT CAKE -- Elaine Ferniany Sibai

This recipe is from Elaine Sibai, "T's" first cousin.

### The Table of Ingredients

1 large size can crushed pineapple, drained	1-9 oz. Container cool whip or whipped topping
1 small jar maraschino cherries	2 cups graham cracker crumbs
3 sticks margarine	1/2 cup chopped pecans
2 cups confectioners sugar	2 eggs

### THE HOW TO:

1. Mix one stick melted margarine and 2 cups graham cracker crumbs
2. Put in a 13 by 9 by 2-inch pan forming a crust.

### THE BANANA SPLIT CAKE HOW TO -- Continued

3. Beat the following no less than 15 minutes:
  - a. 2 cups powdered sugar,
  - b. 2 sticks margarine,
  - c. 2 eggs.
4. Spread the creamed mixture over the crust
5. cover with sliced bananas.
6. Spread the can of crushed pineapple on top of this.
7. Sprinkle chopped pecans over top
8. place cherries over surface.

Note: Refrigerate for several hours before serving.

### BASIC LAYER CAKE -- Moryne Breckenridge

"T's" good friend in Mobile, Moryne Breckenridge, is a master cake maker. Her all time favorite cake for the Scotts was the huge chocolate cake she made for Joe Ferniany's 80th birthday celebration. Moryne's "secret cake" starts with a cake box recipe and plain, everyday ingredients. If you want to make a great chocolate layer cake, this is it!

#### The Table of Ingredients

One egg	Box of cake mix	An equal amount of milk or water
1/2 cup soft oleo	One tsp vanilla extract	Oil (as on cake mix box)
	1/2 cup shortening	One tsp vanilla extract
1 lb. (or 4 1/2 cups) powdered confectioners sugar		

#### THE HOW TO:

1. Follow directions on the cake mix box, but add the extra ingredients
  - a. One egg
  - b. An equal amount of milk or water, whichever is on the box recipe.
  - c. An equal amount of oil required by the cake mix recipe.
  - d. The one tsp of vanilla extract.
2. Bake the cake as directed on the cake mix recipe.
3. When cake is done, immediately remove it from the cake pan.

#### THE BASIC LAYER CAKE HOW TO -- Continued

4. Wrap the layers in plastic food wrap until ready to frost. The cake will be hot when you wrap it.
5. Put the warm cake in the freezer for at least 24 hours.
6. Removing the cake layers and freezing them in this way makes the cake very moist when you serve it.
7. Next, we have to make the icing. Mix the icing ingredients:
  - a. 1/2 cup soft oleo, 1/2 cup shortening, 1 tsp. vanilla extract, and 1lb. powdered sugar (or 4 1/2 cups confectioners sugar)
  - b. Add enough milk to make the desired consistency.
  - c. You also might need to add more sugar.
  - d. Beat icing on mixer's high setting for 10-15 minutes until light and fluffy.
8. Take cake out and put the icing on the cake while the cake is still frozen.

When you serve this cake, they will love it. It is normally at least three layers high, and very moist. At Joe Ferniany's 80<sup>th</sup> birthday party, Moryne made a cake big enough to feed at least 50 folks. Most, including Jerry, said it was the "best chocolate layer cake I have ever had." Many had to have "that second helping, because it was so good!"

#### BLUE BERRY DESSERT -- Amelia Ferniany Harrington

"T's" sister, Amelia, started making this cake at family get-togethers. Jerry liked it so much that when Jerry is in Mobile, she makes him one each year for his birthday.

#### The Table of Ingredients

1 Store Bought Angel Food Cake	13 by 9 inch pan	one can of blue berry pie filling
1 8 oz cream cheese	1 cup milk	1 large carton cool whip

#### THE BLUE BERRY DESSERT HOW TO:

1. Shred the angel food cake in the bottom of the 13 x 9 inch pan.
2. Pour the can of blue berry pie filling over this.
3. Cream together the cream cheese, cup of milk and cool whip
4. Pour the creamed mixture over the cake and blueberries.
5. Chill overnight.

## CHEESE CAKE -- NEW YORK STYLE -- Barbara Lahey

Another wonderful recipe from Barbara Lahey, who came to Georgia from Long Island, NY. This is an authentic NY deli cheesecake, which is so rich that fruit on the top is an insult. We have served it many times, always to the delight of those who eat it.

### The Table of Ingredients

1 1/2 cups graham cracker crumbs	1/2 cup finely chopped nuts -- pecans or walnuts
3 cups sour cream	3/4 teaspoon cinnamon
4 eggs well beaten	1/2 cup melted oleo or butter
1 1/2 cups sugar	1 1/2 pound cream cheese
1/4 teaspoon salt	1/2 teaspoon almond extract
1 teaspoon vanilla	

### THE HOW TO:

1. Have cheese and eggs at room temperature.
2. Mix well the first four ingredients and put aside 1/4 cup of this mixture.
3. Pat remainder firmly on bottom of 9-inch spring-form pan.
4. Cream cheese until light and fluffy. Add sugar, salt, and flavorings.
5. Beat in eggs and blend till smooth. \*\*\*\*FOLD\*\*\* In sour cream.
6. Pour into prepared pan and sprinkle with reserved crumbs.
7. Place pan in another pan of water to bake.
8. Bake in moderate oven 350 degrees for 1 hour or until firm.
9. Turn off heat and let stand in oven at least 30 minutes.

Cool completely then refrigerate.

## CHOCOLATE SAUCE TOPPING for Layer Cakes -- Amelia Farha

This recipe is from Tita Farha, "T's" grandmother and is a family favorite. When asked for a favorite dessert, many say "that cake with the hot chocolate sauce."

### The Table of Ingredients

4 Tbsp cocoa	2 cups milk	2/3 cup sugar	1/8 tsp salt
1 1/2 Tbsp flour	1 tsp vanilla extract	2 Tbsp oleo	

### THE HOW TO:

1. Add all the ingredients except for the oleo and vanilla extract.
2. When melted in double boiler then remove from fire.
3. Then add the oleo and the vanilla extract.
4. Serve over yellow cake with chopped nuts.

## CHOCOLATE CAKE -- DARN GOOD VERSION -- Mobile Register

"T's" mother, Vivian, found this recipe in the Mobile Register, the daily paper. She made it one day and sent a cake for Gwen and Matt when Gwen had a baby. They loved it. "T" made it for the guys on the framing crew who built the Scott's Veritas Street beach house. They loved it. It is a real chocolate lover's delight, as it is real chocolaty.

### The Table of Ingredients

1 package Devil food or Fudge cake mix (not one with pudding)	one 3 oz. pkg. of instant chocolate pudding
1 cup sour cream (8 oz)	1/2 cup vegetable oil
1/2 cup water	4 large eggs
4 large eggs	1/2 cup semi-sweet chocolate chips
1 cup granulated sugar	5 tablespoons butter

### THE HOW TO:

1. Place in large bowl: cake mix, pudding, sour cream, and the water
2. Add eggs one at a time
3. Use a mixer and blend one minute on low speed.

## THE DARN GOOD CHOCOLATE CAKE HOW TO: -- Continued

4. Increase to medium speed and beat 2 to 3 minutes.
5. Fold in chocolate chips. Turn into greased and floured tube or bundt pan.
6. Bake at 350 degrees for 58 to 62 minutes. Cool on rack for 20 minutes
7. Run sharp knife around edge to loosen in pan.
8. In a medium pan over medium heat stir until ingredients come to a boil (3-4 minutes). Stir constantly. Let mixture boil one more minute.
9. Remove and add one cup chocolate chips and stir until smooth.
10. Spread icing over cooled cake. Makes about 1 1/2 cups.

## CHOCOLATE CHIP POUND CAKE -- Vivian Farha Ferniany

"T's" mother, Vivian, found this wonderful chocolate cake in a magazine. Everyone loves this one. If you are looking for a proven winner, this is it!

### The Table of Ingredients

1 (18.25 oz. ) yellow cake mix with pudding	1 (3.9 oz.) package instant chocolate pudding mix	1 cup semisweet chocolate morsels
1 (8 oz.) carton sour cream	3/4 cup vegetable oil	1/2 cup sugar
3/4 cup water	4 large eggs	sifted powdered sugar

## THE HOW TO:

1. Combine yellow cake mix, instant chocolate pudding mix, and 1/2 cup of sugar, stirring with a wire whisk to remove large lumps.
2. Add oil and water.
3. Add the four large eggs and the carton of sour cream, again stirring until smooth.
4. Stir in chocolate morsels, pour batter into a greased and floured tube or bundt pan.
5. Bake at 350 degrees for one hour or until a wooden pick comes out clean.
6. Cool on wire rack for 10 minutes.
7. Remove from pan and cool completely.
8. Sprinkle with powdered sugar.

## CHOCOLATE SHEATH CAKE -- Irma Clifton Williamson

"T's" cousin Ellis, from Houston, TX, was married to Elaine Williamson. Elaine's mother, whom we always called "Mrs. Williamson" used to make this cake whenever anyone had a birthday. It was her specialty. It is always great.

#### The Table of Ingredients

2 cup sugar	3 tablespoons cocoa	2 eggs
2 cup flour	1 cup water	1 stick oleo
1 stick oleo	½ cup buttermilk	3 tablespoons cocoa
½ cup Crisco	1 tsp. vanilla	1/3 chopped nuts

#### THE HOW TO:

1. Preheat oven to 400 degrees.
2. Sift sugar and flour.
3. Combine oleo, Crisco, cocoa, and water in saucepan.
4. Bring to a boil.
5. Pour over sugar and flour combination.
6. Mix well.
7. Add remaining ingredients and beat until smooth.
8. Pour into 9 x 13 greased and floured pans.
9. Bake for 25 minutes.
10. Remove from oven and ice hot cake in pan.
11. Start making the icing 5 minutes before cake is done. Mix together:
  - a. 1 stick oleo
  - b. 3 tablespoons cocoa
  - c. 1/3 cup milk
  - d. 1 tsp vanilla
  - e. 1 box confectioners sugar
  - f. 1/3 cup chopped nuts
12. Mix: oleo, cocoa, milk, vanilla and bring to a boil.
13. Remove from heat add sugar and beat well.
14. Stir in nuts.
15. Pour mixture over hot cake in pan.

Cool before cutting.

COFFEE CAKE -- SOUR CREAM STYLE -- from Milledgeville, GA.

Another recipe from Milledgeville, Georgia. "T" has made this light, excellent cake many, many times. It is a perennial mid-morning snack cake.

### The Table of Ingredients

1/2 tsp. cinnamon	1/4 cup sugar	1/2 cup chopped walnuts or pecans
1 cup sugar	1 stick oleo	2 eggs
1 cup sour cream	2 cups flour	1 tsp baking powder
1 tsp vanilla	1 tsp baking soda	

### THE HOW TO:

This cake combines two components: the topping portion and the batter portion. From the bottom of the cake pan, we have topping mixture, then batter mixture, then topping, then batter, and finally, topping.

We will make the topping mixture first.

1. In a separate bowl, mix the 1/2 tsp. cinnamon, 1/4 cup sugar, and 1/2 cup chopped nuts.
2. Grease your cake pan. The pan can be a tube or layered pan.
3. Put 1/3 of your topping mixture at the bottom of the cake pan.

Now make the batter mixture in a separate pan or bowl.

4. First, cream butter and sugar until fluffy. Add the two eggs and sour cream and beat this mixture until smooth.
5. Add dry ingredients and then the Vanilla extract. Blend well.

Now that both mixtures are complete, we will layer them.

6. Add 1/2 of the batter mixture over the topping mixture in your cake pan. Then add another 1/3 of topping mixture over this.
7. Add the remaining batter. Top this with the last 1/3 of your topping mixture.

Bake at 350 degrees for 35 min or until done; cool 5-10 min and remove.

## DATE NUT BREAD -- Vivian Farha Ferniany

Of Unknown Origin: But both "T" and Vivian, her mother, have cooked it many times.

### The Table of Ingredients

2 pound chopped dates	4 cups boiling water
1 quart sugar	1 stick softened oleo
1 1/2 tablespoons vanilla	4 eggs
6 cups plain flour	3 cups chopped pecans
One tablespoon plus one teaspoon baking soda	

### THE HOW TO:

1. Combine the dates, boiling water, and soda in a bowl and allow to cool.
2. Sift the flour and add to the mixture. Add the nuts, mixing well.
3. Batter will be very soupy.
4. Pour into pans lined with buttered wax paper.
5. Bake at 325 degrees until done.

This freezes well and is delicious sliced and served with cream cheese.

## FRUIT PIZZA -- Rene Norris

This recipe is from Renee Norris, one of Jerry's students in Macomb, IL. Renee was always into health foods and this is a light dessert that is especially a favorite for young kids.

### The Table of Ingredients

8 oz. Cream cheese (lite) at room temperature	Use any vanilla refrigerator or sugar cookie recipe, or "slice and bake".
1/2 cup sugar	1 teaspoon vanilla

### THE HOW TO:

1. CRUST:
  - a. Use any vanilla refrigerator or sugar cookie or "slice and bake" recipe. Spread dough over pizza pan and then bake and cool.

## THE FRUIT PIZZA HOW TO:

2. CREAM CHEESE LAYER:
  - a. 8 oz. Cream cheese (lite) at room temperature
  - b. 1/2 cup sugar and 1 teaspoon vanilla
3. Mix together and spread over crust.
4. FRUIT:
  - a. Drain the pineapple and oranges, set aside.
  - b. Spread pineapple over cream cheese layer.
  - c. Sliced fresh fruits of your choice( bananas, strawberries, kiwi, etc.)
  - d. Note: dip the bananas in lemon juice to prevent darkening.
  - e. Next, arrange remaining fruits over pineapple.
5. SEALER:
  - a. Boil fruit juices with 1 and 1/2 tablespoon minute tapioca.
  - b. Cool and pour over fruit.
6. Chill before serving.

## Ghost Cake with Flaming Eyes – B. Crocker Children’s Cook Book

This is another recipe from the Children’s Cook book. We often made it for the kids, especially on festive occasions, such as birthdays.

### The Table of Ingredients

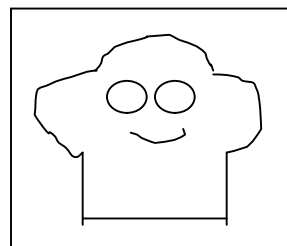
1 pkg 18.5 oz yellow cake mix	1 Licorice string	1 7.2 oz pkg fluffy white frosting mix	1 tsp lemon extract
1 1/2 cups water	2 eggs	2 sugar cubes	1 cup water

## THE HOW TO:

1. Heat oven to 350 degrees.
2. Generously grease a baking pan with shortening.
3. Sprinkle a little flour into the pan and shake gently from side to side until the flour coats the bottom and the sides. Empty the remaining flour from the baking pan.
4. Prepare the cake mix as directed on the package.
5. Since the egg shells will become the eyes for this cake, when you crack the eggs, crack them in the middle, and save the best two halves for your cake’s eyes.
6. Mix the cake mix into the floured and greased baking pan.

## THE GHOST CAKE HOW TO:

7. Bake at 350 degrees for 35 to 40 minutes or until wooden stick inserted in the center comes out clean.
8. Cool 10 min. on a wire rack and then remove from the pan to a tray.
9. After the cake is cool, measure across one short edge of the cake and mark the center with a wooden pick. Measure 4 inches down each long edge and mark with picks.
10. Prepare the frosting as directed on the frosted package.
11. Cut the cake between the center wooden pick and the side picks in a curve to make the rounded top for the ghost's head.
12. Slide the cut corners down the sides to about the center of the cake.
13. Turn the corners so the cut edges are up, to make arms that look like they are reaching out for you.
14. Attach the arms to the sides of the cake with some of the frosting, using a spatula.
15. Frost the cake with the spatula.
16. Place the 2 good egg shells round sides down on the cake for its eyes.  
Place one sugar cube in each eye.
17. Make the mouth of the cake with the licorice.
18. Just before serving, pour ½ tsp of lemon extract over each sugar cube.
19. Ask someone to light the sugar cubes for you.
20. Turn the lights off; it will be spooky.



## GINGERBREAD – 100 Year Old Recipe – “From Methodist Kitchens”

When the Scott kids were small, “T” and Jerry went on a hunt to find the ultimate gingerbread recipe for the kids. We searched many cookbooks, until our good friend, Joanne Mayberry, showed us her recipe, which came from a cookbook that her church made in Sandersville, Ga. It’s the one!

### The Table of Ingredients

For the gingerbread	1 cup hot water	2½ cups sifted flour	1 ½ tsp baking soda
½ cup sugar (light or brown)	½ cup butter and lard mixed	1 cup Brer Rabbit molasses	1 tsp ground ginger
½ tsp salt	1 tsp cinnamon	½ tsp cloves	1 egg

LEMON Sauce	½ cup sugar	¼ tsp salt	2 Tbsp cornstarch
	1 Tbsp butter	Juice of 1 lemon	8 thin lemon slices

## THE GINGERBREAD CAKE HOW TO:

1. First, make the gingerbread.
  - a. Cream shortening and sugar, then add beaten egg, the Brer Rabbit molasses.
  - b. Sift the dry ingredients and then add them to the mixture.
  - c. Add hot water and beat until smooth.
  - d. Put this into in a greased and flowered baking pan 13 x 9 x 2.
2. Bake at 350 degrees for 40 to 45 minutes.
3. Next, make the Lemon Sauce topping, which gives extra flavor.
  - a. In a small sauce pan, stir the ½ Cup of sugar, 2 Tbsp cornstarch and ¼ tsp salt until well blended.
  - b. Gradually stir in 1 cup hot water until smooth.
  - c. Cook and stir over medium heat until mixture boils and thickens.
  - d. Stir 1 Tbsp butter and the juice of one lemon into the sauce.
4. Serve sauce mixture over warm gingerbread squares with a slice of lemon in the center of each square.

## LEMON SUPREME CAKE – Mrs. Crane and Joe Ferniany

For a number of years, the Cranes lived next door to the Ferniany's on Flint Street. Mrs. Crane gave this cake to Vivian. Joe Ferniany started making the cake and taking it everywhere. It became Joe's special cake, and everyone loved it. "T" has made it many times. When we were building our Dauphin Island house on Veritas Street, "T" often made it for the framing crew. They said, "This is our favorite cake we ever had!" "T" would bring them milk and they would sit down and devour the whole cake, in one sitting.

### The Table of Ingredients

One Duncan Hines Lemon Supreme Cake Mix	One cup confectioners sugar	1/2 cup sugar
4 eggs	juice of one lemon	
juice of one lemon	¾ cup vegetable oil	1 cup apricot nectar

## THE LEMON SUPREME CAKE HOW TO:

1. Mix in the mixer: the cake mix, the 4 eggs, the 1/2 cup of sugar, the cup of apricot nectar and the 3/4 cup of vegetable oil.
2. Beat for 2 minutes and then pour into greased and floured tube pan.
3. Bake at 350 degrees for 45 minutes.
4. Cool on wire rack for 10 minutes
5. Topping: Mix one cup confectioners sugar and the juice of one lemon
6. Spread the topping evenly over cake while it is still warm.

## OATMEAL CAKE -- Marguarete Kahalley

This recipe is from Marguarete Kahalley, who served this cake at a wedding party for "T" in 1966. "T" has been making this oatmeal cake since that time.

### The Table of Ingredients for the Cake Itself

2 eggs	1 cup white sugar	1 cup 5 minute oatmeal
1 tsp cinnamon	1 cup brown sugar	1/2 cup shortening
	1 tsp baking soda	1 1/2 cup all purpose flour

### The Table of Ingredients for the Icing

1 cup brown sugar	1/2 cup canned coconut
1/4 cup milk	1/2 cup chopped pecans or walnuts
	5 tablespoons melted oleo or butter

## THE HOW TO:

1. Pour 1 1/2 cup very hot water on oatmeal and set aside.
2. Mix remaining ingredients and fold in the oatmeal.
3. Bake in 7 by 11 inch pan about 50 minutes at 350 degrees. This is the size pan you make BROWNIES in!
4. Now make the topping
  - a. Mix the 1 cup brown sugar, 1/2 cup canned coconut, 1/2 cup nuts, 5 tablespoons melted oleo or butter, and 1/4 cup milk
  - b. Mix all and spread over cake then \*\*\*broil\*\*\* in oven until this is bubbly and brown.
5. Once the topping is made, spread it on top of the cake evenly.

## POUND CAKE – SOUR CREAM STYLE – Sarah Gunn Carroll

Jerry's mother, Ina, got this recipe from her mother, Sarah Gunn Carroll, and it quickly became a favorite for both the Scotts and the Fernianys. "T" got this recipe from Jerry's Aunt Eyvonne Carroll Vick. It is special now, since Ina has passed and cannot share her cooking skills with us anymore.

### The Table of Ingredients

1/2 lb. (Pound) oleo	1/2 pint or one cup of sour cream
2 Cups of Sugar	6 egg yolks save the whites
1/4 tsp. salt	3 cups all purpose flour
1/2 tsp. baking soda	2 tsp. vanilla extract
1 cup sugar	1 tsp. almond extract

### THE HOW TO:

1. Blend these ingredients in order:
  - a. 1/2 lb. (pound) oleo, then 2 cups sugar, then 6 egg yolks
  - b. Finally, add 1/2 pint or one cup sour cream
2. Then add 3 cups sifted flour, 1/4 tsp salt, and 1/2 tsp baking soda
3. This batter will be very stiff.
4. Beat the 6 egg whites till they are stiff then add:
  - a. 2 tsps. vanilla extract, 1 tsp. almond extract , 1 cup sugar
5. Beat again just long enough to mix.
6. \*\*\*\*fold\*\*\*\* this egg mixture into the batter do not stir.
7. Cook at 325 degrees for 1 hour and 15 minutes.

## PEACH COBBLER – Vivian Farha Ferniany

A minimal, but easily followed, recipe from "T's" mother, Vivian.

### The Table of Ingredients

2 unbaked pie crusts	fresh peaches sliced	Butter or oleo
Sugar	Nutmeg	Cinnamon

### THE HOW TO:

1. Make crust and put on bottom of pan.
2. Sprinkle peaches with sugar, nutmeg, and cinnamon all over THEM.
3. Dot with butter and put crust on top. Brush with oleo or water and bake until cobbler bubbles up and crust is slightly brown.

PLUM CAKE – Unknown Origin, but from Milledgeville, Ga.

“T” started making this wonderful recipe when the kids were small in Milledgeville. It uses Gerber plum baby food. We had lots of it back then.

The Table of Ingredients

2 cups sugar	3 medium eggs	2 cups self rising flour
1 teaspoon cinnamon	1 cup oil	1 teaspoon ground cloves
2 jars plum baby food	juice of one lemon	1 cup confectioners sugar

THE HOW TO:

\*\*\*\* See back of self-rising flour box about how altitude affects flour \*\*\*\*  
 \*\*\*\* The cake mixture can be put in layer pan or Loaf pan \*\*\*\*\*

1. Beat sugar and eggs together.
2. Add the dry ingredients together.
3. Add eggs to the dry ingredients.
4. Add the 1-cup of oil and the 2 jars of plum baby food to the mixture.
5. Bake one hour and 15 minutes at 325 degrees.
6. Next, make the icing:
  - a. While warm, mix and spread an icing made of 1-cup confectioners sugar and the juice of the 1 lemon on the cake.
7. Always let the cake sit in the pan for 5-10 minutes before serving.

RUM CAKE – Dee Gordon

Another recipe from Dee Gordon, one of our friends at Dauphin Island. If you are looking for a good rum cake recipe, try this one.

The Table of Ingredients

To make the cake	4 eggs	½ cup cold water	1 Cup Chopped walnuts or pecans
¼ cup water	3-¾ pkg. vanilla instant pudding	18 ½ oz pkg. yellow cake mix	½ Cup Wesson Oil
To make the glaze	½ Cup dark Bacardi Rum	1 Cup Sugar	¼ lb butter
	¼ Cup Water		

## THE RUM CAKE HOW TO:

1. First we have to make the cake. Preheat oven to 325 degrees.
  - a. Grease and flour 10 inch or 12 cup Bundt cake pan.
  - b. Sprinkle nuts over the bottom of the cake pan.
  - c. In a separate mixing bowl, mix the water, eggs, cake mix, vanilla pudding and Wesson Oil into a batter.
  - d. Pour the batter over the nuts mixture in the cake pan.
  - e. Bake for one hour at the 325-degree setting.
  - f. Cool the cake and when cool, invert it onto the cake plate.
2. Now to make the glaze.
  - a. Melt ¼ lb. butter in a saucepan.
  - b. Stir in ¼ Cup water and the 1 Cup of Sugar.
  - c. Boil for five minutes, stirring constantly.
  - d. Remove from the heat and stir in the ½ Cup of Bacardi Rum.
3. Stir the glaze all over the cake until the glaze is all used up.
4. Better to make it a day before serving.

Note: Making this cake surely makes your house smell great while the cake is cooking!

## STRAWBERRIOCA – from the Tapioca box

This came from the Tapioca box. "T" made this for Jerry and the whole family has enjoyed this treat many times.

### The Table of Ingredients

2 tablespoons tapioca	10 oz. package of frozen strawberry halves
1/2 cup Sugar	2 tablespoons lemon juice

## THE HOW TO:

1. Thaw and drain one 10-ounce package of strawberry halves.
2. Add water to juice to make 1 1/2 cups.
3. Mix with 2 tablespoons tapioca and 1/4 cup sugar. Let stand 5 min.
4. Bring to boil stir occasionally and remove from heat.
5. Stir in berries and 2 teaspoons lemon juice. Chill before serving.

## TOEFF (TOE YEFE) – Amelia Kojak Farha

This is a classic Lebanese dessert, passed on from “T’s” grandmother, Amelia Farha, to Vivian, and then to T. This dessert is heavy, but is a real favorite.

### The Table of Ingredients

1 cup quick cream of wheat	1 teaspoon baking powder	About 4 1/2 cups lukewarm water
1 tsp lemon juice	1 cup water	4 cups flour
1 package yeast	2 cups sugar	2 lbs grated mild cheddar cheese
1 tsp lemon juice	Pinch of salt	

### THE TOEFF HOW TO:

1. First, you have to make the TOEFF mixture.
  - a. Mix the cream of wheat and water.
  - b. Cover and let sit for about an hour or until bubbly on top.
  - c. Stir and add baking powder.
  - d. Add water if necessary to make it thin.
2. Next, we have to cook the TOEFFs and add the Cheese.
  - a. Put a few spoonfuls of the mixture (about the size of an apple turnover) on the hot grill.
  - b. Cook until brown, but on one side only. Let this cool.
  - c. Add grated cheese and fold and pinch edges to seal.
3. Next, we have store the cooked TOEFFs.
  - a. Store in the fridge with a damp towel underneath and on top to the individual TOEFFs.
4. Now to heat them to serve them.
  - a. When you are ready to serve them, bake with dot of oleo until cheese is melted. Set the oven to about 350. You can use a microwave! You have already browned the TOEFFs, you only want to melt the cheese.
5. Next you have to make the syrup.
  - a. Stir in the 2 cups of sugar, 1 tsp lemon juice and 1-cup water.
  - b. Heat the syrup mixture until it thickens. (About five minutes.)
6. Pour a spoonful or more of hot syrup over each TOEFF before you serve them. Some like a little syrup, some like lots of syrup.

Note: Joe and Vivian served these wonderful desserts often for their family. Vivian and Joe have been the finest in-laws Jerry could have hoped for.

# Cookies

## CHOCOLATE PEANUT BUTTER SQUARES Reese's Peanut Butter Cups --Speight Williamson

We met the Williamsons after "T's" first cousin, Ellis Antone, from Houston, Texas, married Elaine Williamson, from Dallas, Texas. We have several of the Williamson family recipes in our cookbook, as they enjoyed sharing food with their friends. Speight follows her mother's love for sharing food with friends. This recipe tastes just like "Reese's Peanut Butter Cups" which are "T's" favorite candy. During Jerry's teaching travels in Frankfurt, Germany, and London, England, in 2000 and 2001, he often surprised the Europeans with Peanut Butter Cups. The Europeans have most of same candies we do in the States, but this one proved to be a winner. If, like most Americans, you like Peanut Butter Cups, you will just love this easy to make recipe.

### The Table of Ingredients

1 ½ cups graham cracker crumbs	1 1/2 cups Extra crunchy peanut butter. Jerry prefers Jif.
1 lb. box 10x Confectioners sugar	2 sticks oleo
12 oz. Chocolate chips	1 9x13 cake pan

### THE HOW TO:

1. Finely crush the graham cracker crumbs.
2. Mix the crushed graham cracker crumbs, the peanut butter, and the Confectioner's sugar.
3. Melt the Oleo and add it to the mixture.
4. Press the mixture into the bottom of the 9 by 13 cake pan.
5. Melt the chocolate chips and pour over the top of the mixture, spreading evenly. You can add or reduce the chocolate to taste.
6. Cool in the refrigerator until the chocolate hardens.
7. Cut into squares.

Note. This freezes well and can easily last for a week in the fridge. (Of course, if you have enough willpower to make them last that long!!!) Also, if you serve these to guests, be prepared to hand out the recipe.

## PEANUT BRITTLE -- Josephine Ferniany Yianitsus

"T's" Aunt Josephine was known in the family for a number of recipes. She sent "T" this recipe after we had sampled her peanut brittle, which was excellent.

### The Table of Ingredients

2 cups shelled raw peanuts	1 1/2 cup sugar
1/2 cup white Karo syrup	1/2 cup water
1 1/2 teaspoon baking soda	1 piece of paraffin you buy in the grocery store and you cut it into about a 1 1/2 inch rectangle

### THE HOW TO:

1. Put all ingredients in 2-quart pot and start on medium fire.
2. Let cook 30 to 35 minutes. Stir often.
3. Note: Have 12 " pan buttered and ready before you start
4. Set aside 1 1/2 teaspoon of baking soda.
5. When cooked remove from fire.
6. Stir in baking soda and pour brittle on the pan and spread thinly.
7. Let set for 30-40 minutes.
8. Before it gets too cool slip a spatula underneath the candy so it will be easy to break in 1 or 2 hours.

## BUTTERSCOTCH BROWNIES – Amelia Ferniany Harrington

Another recipe from Amelia, "T's" sister.

### The Table of Ingredients

2 cups Bisquick	1 box brown sugar
4 Eggs well beaten	Add chopped nuts if desired
Confectioner's sugar	

### THE HOW TO:

1. Mix these together
2. Put in greased and floured pan.
3. Bake for 35 minutes at 325 degrees.
4. When cool cut like brownies or into bars
5. Roll in confectioner's sugar.

## CHOCOLATE CHIP MERINGUES -- Ellen Bodden

This recipe came from Ellen Bodden, one of "T's" friends in Mobile.

### The Table of Ingredients

2 egg whites	2/3 cup sugar
Pinch of salt	A little vanilla
1 cup broken pecans (optional)	6 oz. Chocolate chips

### THE HOW TO:

1. Preheat oven to 275 degrees.
2. Beat egg whites and gradually add sugar to egg whites and the salt.
3. Stir in chocolate chips and nuts.
4. Drop on cookie sheet sprayed with Pam spray by teaspoonfuls or put brown paper on cookie sheet and drop them on to this.
5. NOTE: Very IMPORTANT: Turn oven off and leave meringues overnight or 8 hours.

## CHOCOLATE CRINKLES -- Children's Cookie Cookbook

This recipe came out of the Children's Cookie Cookbook, and was contributed by Lanie and Gwen as they learned to cook.

### The Table of Ingredients

1/2 cup oil	2 cups sugar	4 squares of Unsweetened chocolate melted
2 tsp vanilla	4 eggs	2 tsp baking powder
1 cup powdered sugar	1/2 tsp salt	2 cups all purpose flour

### THE HOW TO:

1. Mix oil, chocolate, and granulated sugar.
2. Blend in one egg at a time until well mixed and add vanilla.
3. Stir flour baking powder and salt into oil mixture. Chill several hours.
4. Heat oven to 350 degrees. Drop teaspoons full of dough into confectioners' sugar and roll in sugar shape into balls.
5. Place 2' apart on greased baking sheet.
6. Bake 10-12 minutes or until almost no imprint remains when touched lightly in center.

## COCONUT MACAROONS-- Ellen Bodden

Another recipe from "T's" Mobile friend, Ellen Bodden.

### The Table of Ingredients

2--7 oz. Packages flaked coconut (not shredded or frozen COCONUT)	1 can (14 oz.) Condensed milk (eagle brand)
2 teaspoons vanilla extract	1 1/2 almond extract

### THE HOW TO:

1. Preheat oven to 350 degrees.
2. Combine everything: coconut first, then milk, then extract to milk.
3. Drop by rounded teaspoonful on a generously greased pan.
4. Bake 8-10 minutes until lightly brown.
5. Immediately take off pan.

## DATE BARS -- Amelia Kojak Farha

"T's" grandmother, Tita, gave her mother, Vivian, this recipe when Vivian got married in the 1940's. Vivian makes these cookies at Christmas.

### The Table of Ingredients

1/4 cup melted shortening	1/2 cup sifted flour
1/4 teaspoon baking powder	1/2 teaspoon salt
1 cup sugar	2 cups pitted and cut dates

### THE HOW TO:

1. Melt shortening and let cool.
2. Sift flour and combine dates and nuts with flour.
3. Beat eggs and then add shortening.
4. Add date mixture and mix.
5. Pour into 9 by 9" greased pan.
6. Bake at 350 degrees for 30 minutes.
7. Cool and cut into bars.
8. Then roll in powdered sugar.

## FRUIT CAKE COOKIES -- Vivian Farha Ferniany

"T's" grandmother, Tita, gave her mother, Vivian, this recipe when Vivian got married in the 1940's. Vivian makes these cookies at Christmas, as they are one of Jerry's favorite cookies.

The Table of Ingredients

1/4 cup butter	1/2 cup brown sugar	2 eggs well beaten
1/2 teaspoon soda	1/4 teaspoon allspice	1/4 tsp nutmeg
1/2 small glass bourbon	1/2 teaspoon vanilla	1/2 pound raisins
1/2 pound green pineapple	1/4 pound red cherries	3 Cups Pecans
1 1/2 cup flour (take out 1/2 of the flour to be mixed with the nuts and Fruit)	1 1/2 tablespoon sour milk ( 1 tsp vinegar in a cup of regular milk makes the milk sour)	

### THE HOW TO:

1. Cream butter, brown sugar, and eggs.
2. Add rest of ingredients to the butter and sugar mixture.
3. Drop by teaspoon on a greased pan.
4. Bake at 350 degrees for 15 minutes.

## GREEK COOKIES -- Victoria Ferniany Apostle

"T's" Aunt Vicky Apostle gave this recipe to Vivian. This is one of Jerry and "T's" son, Thom's, favorite cookies. He used to call them "Little Men." They have been a light favorite for the whole family for many years.

The Table of Ingredients

2 cups flour	1 stick oleo	1/4 tsp vanilla	2 teaspoon baking powder
2 eggs	1/2 cup nuts	1/2 cups sugar	Sesame seeds

### THE HOW TO:

1. Cut butter into flour, cream together.
2. Add other ingredients mix well.
3. Roll into little men shapes. →
4. Press into sesame seeds
5. Bake at 350 degrees for 10-12 minutes



## OATMEAL COOKIES -- Vivian Farha Ferniany

Vivian, "T's" mother does not remember where she got them. This is one of Jerry's favorite cookies, as it is hardy and chewy, but not too sweet.

### The Table of Ingredients

3/4 cup Crisco shortening	1 cup sugar	1 cup raisins or nuts
2 eggs	1 cup and 2 tsp flour	3 cups oatmeal
1 tsp baking powder	1/4 tsp salt	1 tsp vanilla
1 tsp cinnamon		

### THE HOW TO:

1. Cream Crisco, sugar, then add the eggs one at a time.
2. Add dry ingredients, spices, nuts and oatmeal or raisins if desired.
3. Drop on greased cookie sheet.
4. Bake at 375 degrees for 8-10 minutes or until done.

## PEANUT BUTTER COOKIES -- Joy of Cooking Cookbook

This recipe is from the Joy of Cooking. "T" learned many recipes from the Joy of Cooking, which was her main cookbook in the early years of our marriage.

### The Table of Ingredients

1/2 cup brown sugar	1/2 cup sugar	1 1/2 cups all purpose flour
1 stick oleo	1 egg	1/2 tsp vanilla
1/2 tsp baking soda	1/2 tsp salt	1 cup crunchy peanut butter

### THE HOW TO:

1. Beat 1/2 cup brown sugar and 1/2 cup sugar with 1 stick oleo
2. Add the sugar gradually and blend these ingredients UNTIL CREAMY.
3. Beat in:
  - a. 1 cup peanut butter, 1 egg, 1/2 tsp salt, 1/2 tsp soda, 1 1/2 cups all purpose flour, and the 1/2 tsp vanilla.
4. Mix all together and roll dough into small balls.
5. Place them on a greased cookie sheet. Press them flat with a fork.
6. Bake at 375 degrees for 8-10 min or until done.

## PRESS COOKIES -- Vivian Farha Ferniany

T's mother, Vivian, found this recipe on the back of the cookie press box.

### The Table of Ingredients

1 cup oleo	3/4 cup sugar	1/8 tsp salt	1/2 tsp baking powder
1 egg	2 1/2 cup flour	1 tsp vanilla	1 tsp = 1 teaspoon

### THE HOW TO:

1. Cream butter, then add the sugar and then add the unbeaten egg.
2. Then add dry ingredients and finally, add the vanilla.
3. Bake at 350 degrees for 10-15 minutes.
4. Dough may be colored with food colorings.

## RIBBON COOKIES -- Charlotte Freeman

These beautiful cookies were another gift from Charlotte Freeman, one of the best cooks we ever knew. Charlotte got this recipe from a magazine.

### The Table of Ingredients

1 cup butter	1 1/4 cup sugar	Green food color
1 egg	1 teaspoon vanilla	1/4 teaspoon salt
1 tablespoon or 1 1/2 tablespoon of water	1 1/4 teaspoon baking powder	1 square unsweetened chocolate (1 oz.)
2 1/2 cup flour	1/4 cup chopped nuts	

### THE HOW TO:

1. Divide dough into three parts.
  - a. To one add green food coloring.
  - b. To one add chocolate and nuts.
  - c. Leave third part plain.
2. Have a large piece of foil laid out.
3. Form each layer of dough into a long rectangle.
4. Place each different color of dough on top of the other on. Usually I put the green then the chocolate then the plain dough.
5. Fold the foil around the layers of dough and chill overnight or 8 hours.
6. Remove chilled dough from the foil and slice crosswise into thin slices.
7. Bake at 375 degrees 8-10 minutes.

## SAND TARTS -- Vivian Farha Ferniany

This recipe was given to Vivian, "T's" mother, by her sister Juanita or her mother. They are very light and hard to make, but Vivian usually makes them every Christmas to serve to the many Christmas guests.

### The Table of Ingredients

2 cups flour	5 tablespoon powdered sugar
1 cup melted shortening	2 tablespoon hot water

### THE HOW TO:

1. Mix all ingredients.
2. Bake at 325 degrees for 20 minutes.
3. Sprinkle confectioners sugar over while hot.

## TRUFFLES -- Moryne Breckenridge

This recipe is from Moryne Breckenridge, who makes these every Christmas.

### The Table of Ingredients

1 tsp vanilla	Powdered sugar	5 1 oz square of Unsweetened chocolate melted
Chopped nuts	Cocoa/powdered sugar	1 8 oz cream cheese softened

### THE HOW TO:

1. Gradually add 4 cup powdered sugar to cream cheese, mixing well after each addition of sugar to cheese.
2. Add chocolate. You can melt this in the Microwave. Look on package for directions.
3. Add the vanilla, and mix well.
4. Chill several hours and then shape into 1 inch balls.
5. Roll in pecan, cocoa or powdered sugar which ever you have on hand.
6. CHILL.

# Desserts – Pies

## BASIC APPLE PIE – Mississippi County Agent

This recipe came from a MSU student whose father was a county agent. “T” used this recipe in Macomb, IL to help the Turkish women she worked with learn English. They loved this real slice of America.

### The Table of Ingredients

1/2 cup white or brown sugar	5 cups of Jonathan or Rome apples	1 tablespoon lemon juice
Two frozen pie crusts	1/8 tsp. Salt	Oleo to dot top
1 tablespoon cornstarch	1/4 tsp. Cinnamon	1/4 tsp. nutmeg
1 tsp. vanilla extract		

### THE HOW TO:

1. Preheat oven to 450 degrees.
2. Get two frozen piecrusts from the store—they come 2 to a package.
3. Before you cut your apples let the piecrusts start TO THAW.
4. Peel (take the skins off) 5 cups of Jonathan or Rome apples. These are called cooking apples.
5. Do not use those apples that are called delicious apples.
6. After you have peeled the apples, then remove the seeds and slice them very thin. You need 5 cups to make a pie.
7. MIX: 1\2 Cup white or brown sugar, the 1\8 teaspoon salt, 1 tablespoon cornstarch, the 1\4 teaspoon cinnamon, 1\8 teaspoon nutmeg, the 1 tablespoon lemon juice, and 1 teaspoon vanilla extract
8. Add the above mixture to the sliced apples and mix very well.
9. Pour the apple mixture into a pie shell.
10. Put 1 tablespoon of margarine or butter cut up on top of the apples. Put another pie shell on top of the apples and seal the edges by pinching them together.
11. Cut slits in the top of the piecrust.
12. Mix together a little bit of sugar and cinnamon and sprinkle over the Top of the pie before you bake it.
13. Put the pie in the oven for ten (10) minutes at 450 degrees then turn the oven to 350 degrees for 30 minutes.
14. Take it out and cossol it. Then enjoy!

## APRICOT TART – Charlotte Freeman

Another favorite from Charlotte Freeman, who learned to cook this dessert while attending a cooking school in Paris, France. We have often served this treat, and its appeal never ends. It is not only pretty, but tasty and light.

### The Table of Ingredients

1 3/4 cup flour	2 teaspoon sugar	1/4 cup butter
1/4 teaspoon salt	1/2 cup shortening	2 1/2 can apricots
1 1/2 tablespoon cornstarch	8 tablespoons ice water	4 tablespoon kirsch or apricot brandy

### THE HOW TO:

1. Sift these ingredients.
2. add shortening and oleo until mixture resembles coarse crumbs.
3. Add water and chill the dough in the fridge one hour.
4. Then roll out dough and then put on a pizza pan to bake.
5. Use 2 1/2 cans apricots.
6. Heat juice from 2 of the cans in a pan on the stove until it boils.
7. Add already mixed mixture of 1 1/2 tablespoons cornstarch and 4 tablespoons kirsch or apricot brandy to the apricot juice.
8. Cool this and then put on unbaked crust and pour over the apricots.
9. Bake at 350 degrees for 20 to 25 minutes.

## BLACKBERRY PIE – Mississippi County Agent

This recipe also came from a student, Gene, who we knew in Starkville, Ms. Gene's father was a county agent. Gene committed suicide before he graduated from Mississippi State University.

### The Table of Ingredients

3/4 cup sugar	2 Tbsp. Cornstarch	prepared pie crust
1/2 cup water	1 qt. Blackberries	cool whip or whipped cream

### THE HOW TO:

1. Pre-bake the pie crust.
2. Boil berry mixture until thick and then cool.
3. Add berries to this and cook 10 minutes or until soft.
4. Pour into crust and bake.
5. Top with cool whip or whipped cream.

## CHOCOLATE PIE – Eyvonne Carroll Vick

For approximately 50 years and counting, Jerry's Aunt Eyvonne makes him a chocolate pie at Christmas. Jerry has fond memories at his Carroll family home for the Christmas dinner with family. They always have fifteen or more desserts, but this one has always been Jerry's favorite. If you like chocolate, you will love this one!

The Table of Ingredients

4 Tablespoons of Cocoa	2 Tablespoons self rising flour
3 Tablespoons of Cornstarch	1 Cup of Sugar
1/4 Teaspoon of salt	1/2 cup of cold mild
2 1/2 cups scalded milk	4 eggs, separated
2 Tablespoons of Margarine	1 1/2 teaspoons of vanilla extract
1/4 teaspoon cream of tartar	4 teaspoons of sugar
1/2 teaspoon vanilla extract	

### THE HOW TO:

1. Pre-heat your oven to 400 degrees.
2. Bake your pie-shell for about 5 minutes or until brown (not too dark).
3. In a pot, pour in the 1/2-cup of cold milk.
4. Stir in the cocoa, sugar, cornstarch, and flour.
5. In another pot, scald 2 1/2 cups of milk. The flour and cornstarch will not melt in the hot milk, but will in the cold milk.
6. Add the hot milk to the cocoa mixture.
7. Stir on low heat until the cocoa mixture thickens.
8. Separate the four eggs into the yokes and the whites.
9. Beat the four egg yokes until they are fluffy.
10. Add the fluffy egg yokes to the cocoa mixture.
11. Return the cocoa mixture to the stove to thicken a little more.
12. When the mixture is thickened, add the 2 Tbsp of butter and the 1 1/2 tsp of vanilla extract.
13. Put this mixture into a pre-baked pie shell and let this cool.
14. Now we have to make the meringue. To make this
  - a. Whip the four egg whites
  - b. Add the 1/4 tsp cream of tartar
  - c. Add the four tsp of sugar, one teaspoon at a time.
  - d. Add the 1/2 teaspoon of vanilla
15. Bake at 400 degrees for 3-5 minutes or until the meringue browns.

## FRUIT PIES – Whipped Style – Amelia Ferniany Harrington

“T’s” sister, Amelia, gave us this recipe when we moved back to Mobile in the 1980’s. They are good for holiday treats because they are very colorful.

The Table of Ingredients

1 large cool whip	1 can eagle brand condensed milk
1 can sliced peaches drained	1 can crushed pineapple ***** drained**
add 1/2 cup lemon juice to above mixture	2 graham cracker crusts

### THE HOW TO:

1. Mix all of ingredients together.
2. Pour into 2 graham cracker crusts and then Chill.

## FRUIT PIES – Natural Style – Mississippi County Agent

This basic fruit pie recipe came from a student, Gene, who we knew in Starkville, Ms. Gene's father was a county agent. Gene committed suicide before he graduated from Mississippi State University.

The Table of Ingredients

1 cup sugar	1/4 cup self rising flour
1/2 tsp cinnamon	3 cup fresh fruit
1 tbs oleo	Pastry for two crust pies
Blackberries, blueberries, cherries or Pealed and Sliced peaches	

### THE HOW TO:

1. Wash and drain the fruit. For berries remove stems and hulls.
2. Heat oven to 425 degrees.
3. Mix sugar, flour and cinnamon.
4. Mix this through the fresh fruit pour filling into pastry lined pie pan.
5. Dot with butter put pastry on top and cut slits for steam to escape.
6. Seal and flute edges.
7. Bake 35 to 40 minutes until brown and juice begins to bubble through slits.
8. Notes: 2 tsp lemon juice may be added to blueberry, and 1/4 Tsp almond extract gives a cherry pie a good flavor.

## GRANDPA'S GOOP -- A Carbohydrate-less Dessert – Mike Covington

This recipe was given to Jerry in 2001 by Mike Covington, a Learning Tree instructor from Lubbock, TX. So many Learning Tree instructors went on the Adkins, low carb, and high protein diet that it became known as "the Learning Tree diet." We lost hundreds of pounds, and some kept them off, while others gained them back. Jerry lost 40 pounds in about 7 months on Adkins. This recipe is basically a low carb Cheesecake minus crust.

### The Table of Ingredients

1 quart whipping cream	2 --8 oz. pkg. Philadelphia cream cheese
2 tsp. vanilla extract	1 cup Splenda

### THE HOW TO:

1. Have cream cheese at room temperature.
2. Whip whipping cream till it forms soft peaks.
3. Add vanilla extract, Splenda, and Philadelphia cream cheese
4. Beat till all ingredients are well mixed.
5. Put in fridge for at least an hour before serving.

To further the illusion of a dessert, you can serve "Grandpa's goop" with sugar free Jell-O. The Covington's use the reduced sugar canned cherries as their topping, which adds 3 to 5 grams of carbs.

## PECAN PIE – Theodora Ferniany Scott

"T's" mother, Vivian, got this recipe when she first got married (1940's) out of a magazine. There are lots of "Southern Pecan Pie" recipes, and this light pie has been a favorite for many years. "T" has learned to make it taste great without being "too sweet".

### The Table of Ingredients

2 Tablespoons flour	1 cup sugar	1 cup chopped pecans or pecan halves
3 eggs	1 teaspoon vanilla extract	1/4 cup dark corn syrup (Karo Syrup)
1 pie crust		

## THE PECAN PIE HOW TO:

1. Bend flour, sugar and eggs and beat until smooth.
2. Add syrup, nuts and vanilla.
3. Or you can add the syrup and vanilla to the egg and flour mixture and then place the pecan halves on top.
4. Pour this mixture into and unbaked pie crust. (you can buy these in the freezer section of the grocery store. You want a regular 9-inch piecrust).
5. Bake at 350 degrees for 40-45 minutes and remove from oven
6. Let stand till cool on a rack until you cut it.

## PIE CRUST -- Basic Recipe -- Vivian Farha Ferniany

"T's" mother, Vivian, got this recipe from a "recipe book. But I don't remember which one!"

### The Table of Ingredients

A few Tablespoons of ice water	1 cup shortening which should be cold	1 dash salt	2 cups flour
	OR		
1/3 cup shortening	1 cup flour	1 tsp salt	

## THE HOW TO:

1. Cut shortening into the flour until the shortening is in small pieces.
2. Add the ice water to the flour and shortening until it sticks together.
3. Roll dough out and place in pie pan.

## PUMPKIN PIE

Of unknown origin:

### The Table of Ingredients

1 1/2 cups cooked pumpkin	1 cup sugar
1 can sweetened condensed milk	3 eggs
1/2 stick oleo melted	milk
1 tsp cinnamon	2 unbaked pie shells

## THE PUMPKIN PIE HOW TO:

1. Mix well.
2. Pour into 2 unbaked pie shells.
3. Bake at 350 degrees 40-45 minutes until done.

## RAISIN PIE – Ina Carroll Scott

This is one of Jerry's mother's recipes. Ina told "T" this recipe and then "T" wrote it down. It is precious to Jerry, as it is one of only a few of his mother's recipes to survive. This was a perennial Scott family favorite for Jerry, his brother David, and his dad. Ina always preferred mince meat pie, but made this for her guys.

### The Table of Ingredients

12 oz. Raisins	2 tablespoon cornstarch
dash allspice	2 dashes of cinnamon
1 scoop of white sugar	1 scoop of brown sugar
juice of one lemon (1Tbsp lemon juice)	2 pie crusts

## THE HOW TO:

1. Use 12 oz. of raisins cook in water on top of stove until the raisins are puffed up. Just let them come to a boil.
2. Mix 2 tablespoons cornstarch in a small amount of water.
3. Pour into Raisins when you have only a little water left in the cooking raisins.
4. SPRINKLE :
  - a. A dash of allspice, 2 dashes of cinnamon
  - b. 1 scoop of white sugar and 1 scoop of brown sugar
  - c. The juice of one lemon ( 1 tbsp lemon juice).
5. Pour in single piecrust and put another crust on top.
6. Put slits in top to make sure steam can escape.

# Children's Stuff

## KNOX BLOCKS – from the Knox Gelatin Box

This recipe came directly off the Knox Gelatin box, and we made this often for the children in Milledgeville, Ga.

### The Table of Ingredients

4 envelopes Knox gelatin	3 packages flavored gelatin
4 cups boiling water	

### THE HOW TO:

1. In large bowl combine Knox unflavored gelatin and flavored gelatin.
2. Add boiling water and stir until gelatin dissolves.
3. Pour into large shallow baking pan.
4. Chill until firm.

Cut into squares to serve.

## PLAY DOUGH – Joan Mead

This recipe is from Milledgeville, Ga. Joan Mead and "T" made this recipe all the time for the kids to play with.

### The Table of Ingredients

1/2 cup salt	1 cup flour
2 teaspoonful cream of tarter	1 cup water
1 tablespoon wesson oil	Food coloring

### THE HOW TO:

1. Mix all ingredients in a pan.
2. Add oil, food coloring and water.
3. Cook mixture until it begins to pull away from the sides of the pan.
4. Cool.