



AUNT CAROLINE'S DIXIELAND RECIPES

A Rare Collection of Choice
Southern Dishes

by
Emma McKinney

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by Emma McKinney

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FOREWORD



In the art of cooking the “Old Southern Mammy” has few equals and recognizes no peers.

The following recipes have, with great patience and kindly perseverance, been drawn from the treasured memories of Aunt Caroline Pickett, a famous old Virginia cook. The “pinch of this” and “just a smacker of that” so wonderfully and mysteriously combined by the culinary masters of the Southland have been carefully and scientifically amazed and recorded in this volume, and after a practical test of each recipe herein presented, the author can, with the fullest degree of confidence, recommend the following as the most attractive and economical combination ever presented.

The variety covers a range sufficient to fully gratify the demands of the modest as well as the exacting tastes of the most pronounced epicure, and have been carefully classified and alphabetically arranged for the convenience of the housewife. It is the author’s intention that this little book become a veritable treasure trove of dainty, appetizing and tasty dishes.

In sweet memories of a happy childhood spent
in the atmosphere of the plantations and cabins
of Virginia under the benign influence of my
Dear Old Southern Mammy, Aunt Caroline,
this volume is affectionately dedicated.

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BREADS



Virginia Beaten Biscuit

1 quart flour,
1 teaspoonful of salt,
1 tablespoon of lard.

Work lard lightly into the flour and salt, mix with iced water and then beat dough with rolling pin until it blisters. Cut into biscuits and bake in quick oven.

Southern Sweet-Potato Biscuits

2 cups flour,
1 cup of mashed boiled sweet potatoes,
2 tablespoonsful of lard,
1 teaspoonful of salt,
1 1/2 teaspoonfuls of baking powder,
1/2 teaspoonful of soda.

Enough buttermilk to make soft dough. Mix flour, salt, soda and baking powder together. Add sweet

potatoes and work the lard in lightly. Mix with milk to make soft dough, roll thin, cut into biscuits and bake in quick oven.

Johnny Reb Cake

2 cupsful of flour,
1 cupful of yellow meal,
4 tablespoonsful of sugar,
1/2 teaspoonful of salt,
1 teaspoonful of Cream of Tartar,
1/2 teaspoonful of soda,
or,
2 teaspoonsful of baking-powder.

Add enough milk or water to make a thin batter, and bake.

Spoon Bread

2 1/2 cups of fresh buttermilk,
1 scant half teaspoonful of soda mixed in with
milk,
1 teaspoonful of salt,
3 tablespoonsful of meal,
3 eggs dropped in one at a time whole,
1 tablespoonful of lard (melted).

Mix in the order given and cook in baking dish in moderate oven.

Cinnamon Toast

Cut stale bread into thin slices, remove crusts, and cut in halves. Toast evenly, and spread first with butter, then with honey, and dust with cinnamon. Serve very hot.

Piedmont Corn Meal Mush

3 1/2 cups boiling water,
1 teaspoon salt,
1 cup fine corn meal.

Add meal to boiling salted water by sifting it slowly through the fingers, while stirring rapidly with the other hand. Boil for ten minutes, and cook over hot water for two hours. Serve hot as a cereal. Or pour into one-pound baking powder boxes to cool; fry in deep fat. Serve either for breakfast. or as an accompaniment to roast pork, or, with syrup, for dessert.

Virginia Corn Fritters

1 can corn,
1/2 cup milk,
1/2 cup dried and sifted crumbs,
1 teaspoon salt,
1 teaspoon baking powder,
1 egg well beaten,
1 tablespoon flour.

Chop the corn, and add other ingredients in order given. Drop from a tablespoon into hot, deep fat and fry until brown.

French Toast

1 egg slightly beaten,
1 tablespoon sugar,
1/4 teaspoonful salt,
3/4 cup milk or coffee,
4 slices bread.

Mix egg, salt, sugar, and liquid in a shallow dish. Soak bread in mixture, and cook on a hot greased griddle until brown, turning when half cooked. Serve plain or spread with jam.

Mammy's Graham Muffins

1 pint of Graham Flour,
1/2 cupful of molasses,
1/2 teaspoonful of salt,
1/2 pint of white flour,
1 teaspoonful of soda.

Put the salt into the flour and soda into the molasses, milk or water. Drop into muffin tins and bake twenty minutes.