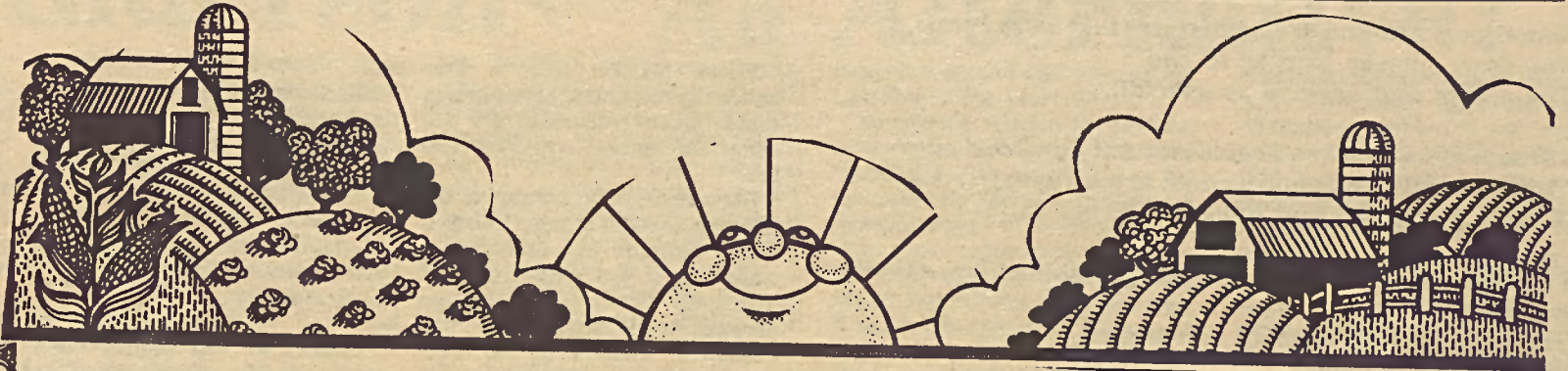


## Country Cookin'

by Marlene Berry



At one time, the fireplace, which is used primarily for its warmth today, served two major functions in the pioneer household. It provided heat to warm the family and heat for the women to use for their cooking.

Preparing the fire for any type of cooking was a long and drawn out process. The people had to begin by gathering kindling and green wood to use to build and then maintain the fire. Once the wood was gathered and the fire was going, the women had to wait approximately an hour so a hot bed of coals could collect. When enough coals were finally collected, the cooks would begin the family meals. The family meals usually included a recipe using corn or corn meal since corn was so readily available. A common recipe used was the one for ash cakes.

### Ash Cakes

- 2 cups of corn meal
- 2 teaspoons of salt
- 1 cup of buttermilk
- 1 teaspoon of soda
- 1/2 teaspoon of baking powder.

To make ash cakes, one must first mix the ingredients together making sure the batter is thick enough to hold shape. After it is mixed, you wrap it in a clean cloth, making sure it is well covered. It is then placed in a clean part of the fireplace. Cover it with the ashes and over the ashes place hot coals. Let it bake like this for about half an hour.



### Definition of...

Boy: "a pain in the neck when he is around, a pain in the neck when he isn't."

Girl: "one who can tell she is in love and usually does tell...everybody!"

Diet: "art of letting the hips fall where they sway."

Congress: "where lawmakers huff and puff and blow up inflation."

Happiness: "being perfectly happy with what you have got and even with what you haven't."

### The traditional

### Montreat

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