

Cooking . . . From The Kitchen Of The Chowan Herald

By Mildred Huskins
Within the past two weeks we have had occasion to be in the North Carolina mountains where har-

vesting apples and grinding cane for molasses were in progress. More recently we were in the extreme eastern counties where soybean



INTERESTING BREAD—A golden loaf of Anadama Bread is a welcome addition to any meal. A delicious molasses flavor blends well with the mild corn flavor that is provided by packaged corn flake crumbs.

harvest, peanut digging and the pumpkin and sweet potato crops are being gathered.

There must have been an abundant crop of pumpkins of all sizes and shapes for they were piled high on the lawns of most of the country homes along the highway. Some of them had been made ready for Halloween celebration with the faces already drawn in black and turned towards the touring public.

At this time of year we are apt to begin thinking of some of the traditional foods using ingredients which come from the fall harvest.

Although Southern cooks excel in baking hot breads, most of us have about lost sight of Yam Biscuits. Yet Yam Biscuits have been with us since at least 1871 when a recipe for them appeared in a cookbook copyrighted that year by an author who lived in Raleigh.

This recipe came from a little cookbook compiled by the Woman's Society of Christian Service of Ocracoke. We know that outer banks island was settled in the 17th century so Yam Biscuits may go back further than 1871. The recipe which follows was adapted from the Ocracoke recipe.

Yam Biscuits

- 1 3/4 lbs. yams
- 1/2 cup solid white shortening
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup sugar

Scrub yams. Place in saucepan, cover and boil until just tender. Drain, peel and mash. Measure two cups. With a spoon beat shortening into the mashed potatoes until blended then cool. In a medium bowl stir together then flour, baking powder, salt and sugar. Add the yam mixture and work together until blended. If dough is very sticky, add flour sparingly. On pastry cloth with rolling pin, roll out one-half-inch thick and cut with two-inch biscuit cutter. Bake at 450 degrees until browned or 15 to 18 minutes. Bottoms of the biscuits will be very dark but will not taste scorched. Rush to the table while they are puffy and hot and serve with plenty of butter. (This is a Hilda Scarborough recipe and she says of the biscuits: "They are crusty outside and soft inside.")

This New England bread, which uses some of your molasses and has been made easier by the use of convenient corn flake crumbs, has an interesting history. The story goes that Anadama Bread came about as a result of a lazy wife who never used her imagination in preparing meals for her husband.

After days on end of receiving nothing but cornmeal mush with molasses for supper he decided to do something about it. He threw together his own concoction using the mush, yeast, molasses and flour to create a delicious bread. And out of his frustration with his apathetic wife, he explained, "Anna, dam-n'er" thus giving this home-style loaf of bread a unique name to match it's corn and molasses flavor.

Anadama Bread

- 1 1/2 cups hot water
- 1 cup packaged corn flake crumbs
- 1/2 cup molasses
- 1 third cup shortening
- 1 tablespoon salt
- 4 to 4 1/2 cups all-purpose flour
- 2 pkgs. active dry yeast
- 1 egg

Measure hot water and corn flake crumbs into medium-size mixing bowl. Stir in molasses, shortening and salt. Let stand until lukewarm. Stir together one cup flour and the yeast. Add the crumbs mixture and egg. Beat well, add remaining flour. Stir until combined. Turn dough out onto lightly floured surface. Knead about eight minutes or until smooth and elastic. Place in greased bowl, turning once to grease surface. Cover and let stand in warm place until double in bulk, about one hour. Punch down and divide in half. Cover and let rest 10 minutes. Shape each half into round, slightly flattened loaf. Place loaves in opposite corner of baking sheet. Cover and let rise in warm place about 45 minutes. Cover with foil to prevent overbrowning and continue baking about 20 minutes longer. While still warm brush with melted butter, if desired.

A hearty different dish for Saturday night supper could

be Down East Supper Pie. This combines sausages and oysters with a biscuit crust and is easy to make. Serve with a tossed green salad or a fresh fruit salad.

Down East Supper Pie

- 3/4 lb. breakfast sausage
- 1 dozen oysters
- 1 1/2 cups biscuit mix

Cook sausages until nicely browned and drain. Drain oysters saving liquid. Place oysters in buttered nine-inch pie plate. Stir one-third cup oyster liquid with fork into

biscuit mix to make a stiff dough. With dough on floured surface, pat it with hands to make a nine-inch round to fit pie plate bottom. Carefully place over oysters. Lay cooked sausages on top of dough to make an attractive pattern. Press sausages down into dough so they are half submerged. Bake at 375 degrees until biscuit is golden brown, about 30 minutes. Cut into wedges and serve hot. Makes six servings.

Sgt. Midgette Churchwomen Slate Meeting In Exercise With Allies

U.S. Forces, Germany—Sgt. Danny A. Midgette, son of Mrs. Sara R. Midgette of Roper, N.C. recently participated with other American and allied troops in Exercises Reforger '77. Some 12,000 U.S. based soldiers and more than 37,000 tons of equipment arrived in Europe in late August as the massive exercise got under way. After arrival, Reforger troops drew equipment from ships and from prepositioned stocks, then joined with U.S. Army Europe troops to begin the exercises.

Reforger, conducted by NATO's Allied Command, Europe, emphasized the orderly disposition of forces and stressed deployment procedures and techniques.

Sgt. Midgette, a squad leader with the 36th Infantry in Kirch Gons, Germany, entered the Army in June, 1973. He is a 1973 graduate of Plymouth High School.

Churchwomen Slate Meeting

The annual meeting of the Edenton District Churchwomen will be held October 26, at Christ Church in Elizabeth City.

Registration begins at 10 o'clock with a service of Holy Communion at 10:45 A.M.

Guest speaker for the meeting will be Rev. Wendy Raynor of Coalition 16 and Rev. Clifton Daniel will present a slide presentation on Christmas at the National Cathedral in Washington, D.C.

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Awards Candidates Sought

James M. Bond, president of the Rotary Club of Edenton, has announced that the club is searching for young people as candidates for Rotary Foundation educational awards for study abroad in 1979-80.

The awards, for graduate and undergraduate students, teachers of the handicapped, students in technical training programs, and journalists, provide round-trip transportation, educational and living expenses for one academic year, and funds for intensive language training, if necessary.

Rotary Foundation educational awards have been given to over 10 area

students in the past.

Since the program began in 1947, The Rotary Foundation has sponsored more than 10,000 students at a cost of \$35-million involving 127 countries. A trust supported by voluntary contributions from Rotarians, Rotary Clubs and others in more than 150 Rotary countries, the foundation will spend \$25.4-million over the next three years.

The deadline for application to your local Rotary club is March 1, 1978. Contact Ashton Wiggs, Atlantic Christian College, Wilson, N.C. 27893 Telephone: 237-3161, Ext. 213, for further information on eligibility and application procedure.

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