

The Cooking Corner

The following recipes are taken from "Carolina Cooking", a cookbook compiled by the Telephone Pioneers of America, North Carolina Chapter No. 35.

SOUTHERN BEAN AND HAM SOUP

1-1/2 cups dried Great Northern beans

- 3-1/2 quarts water
- 1 pound ham hocks
- 1 chop chopped onion
- 1 cup chopped celery
- 1 tablespoons salt
- 1/4 teaspoon pepper
- 2 cups cubed peeled potatoes
- 1 10 ounce package frozen chopped turnip greens
- Red pepper sauce to taste

Bring beans and water to a boil in large saucepan. Boil for 2 minutes, remove from heat. Let stand, covered, for 1 hour. Add ham hocks, onion, celery, salt and pepper. Simmer, covered, for 1-1/2 hours. Add potatoes, turnip greens and pepper sauce. Simmer for 20 minutes or until vegetables are tender. Chop ham into small pieces; return to soup. Cook until heated through. Serve with cornbread. Yield: 8 servings.

Carolyn Helms

SAUSAGE AND EGG BREAKFAST CASSEOLE

- 12 pound hot pork sausage
- 6 slices white bread, cut into cubes
- 6 eggs
- 2 cups milk
- 1 cup shredded sharp Cheddar cheese

Brown sausage in skillet, stirring until crumbly; drain. Layer bread cubes and sausage in 8x11 inch baking dish. Beat eggs with milk in bowl. Pour over layers. Top with cheese. Chill overnight. Bake at 350 degrees for 1 hour. Yield: 8 servings.

Priscilla Wise

HOT DOG CASSEOLE

- 1 cup uncooked rice
- 1 pound hot dogs
- 1 small onion, chopped
- 1 small green bell pepper, chopped
- 1 tablespoon oil
- 1 envelope brown gravy mix
- 1 pound Cheddar cheese, shredded

Cook rice according to package directions. Cut hot dogs into bite-sized pieces. Cook with onion and green pepper in oil in skillet until brown. Prepare gravy mix using package directions. Add gravy and rice to hot dog mixture; mix well. Spoon into 9x13-inch baking dish. Top with cheese. Bake at 350 degrees for 30 minutes. Yield: 6 servings.

Happy Osborne

FUN IN THE BUN

- 1-1/2 cups pancake mix
- 2 tablespoons sugar
- 1/2 cup cornmeal
- 1-1/4 cup milk
- 1 egg
- 1 pound hot dogs
- Oil for deep frying

Combine pancake mix, sugar, cornmeal, milk and egg in bowl; mix well. Insert 1 popsicle stick into each hot dog. Dip into batter, coating well. Deep-fry until golden brown. Serve with mustard dip. Yield: 10 servings.

Deni Dumford

VENISON CHILI

- 1-1/2 pounds ground venison
- 1 medium onion, chopped
- 3 tablespoons Worcestershire sauce
- 3 tablespoons chili powder
- 1/2 cup catsup

1 16 ounce can pinto beans
Brown venison with onion and just enough water to prevent sticking in medium saucepan, stirring until venison is crumbly. Add Worcestershire sauce and chili powder. Simmer for 10 to 15 minutes. Stir in catsup and pinto beans. Simmer to desired consistency. Serve with buttermilk corn bread. Yield: 4 servings.

Danny Navey

COUNTRY CHICKEN WITH ONION BISCUITS

- 2-1/2 cups chopped cooked chicken
- 4 slices crisp-fried bacon, crumbled
- 1 10 ounce package frozen mixed vegetables, cooked
- 2 medium tomatoes, chopped
- 1 cup shredded Cheddar cheese
- 1 can cream of chicken soup
- 3/4 cup milk
- Onion Biscuit Dough
- 1/2 3 ounce can French fried onions
- 1/2 cup shredded Cheddar cheese

Combine chicken, bacon, mixed vegetables, tomatoes and 1 cup cheese in 9x13 inch baking dish. Blend soup and milk in bowl. Pour over casserole. Bake, uncovered, at 400 degrees for 15 minutes. Drop Onion Biscuit Dough, by spoonfuls into 12 biscuits on top of casserole. Bake, uncovered, 15 to 20 minutes or until biscuits are golden brown. Top with French-fried onions and 1/2 cup cheese. Bake for 2 to 3 minutes or until cheese melts. Yield: 6 servings.

Onion Biscuit Dough

- 1-1/2 cups baking mix
- 2/3 cup milk
- 1/2 3 ounce can French-fried onions

Combine baking mix, milk and French-fried onions in bowl; mix well.

Martha Robertson

OVEN-FRIED CHICKEN

- 1 cup flour
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup margarine
- 1 small fryer, cut up

Sift flour, paprika, salt and pepper into plastic bag. Melt margarine in ovenproof skillet in 400 degree oven. Rinse chicken and pat dry. Shake 1 piece at a time in flour mixture, coating well. Arrange in margarine in skillet. Bake at 400 degrees for 45 minutes to 1 hour or until crisp and brown, turning chicken halfway through baking time. Drain on paper towel. Yield: 5 servings.

Donna Lee

CHICKEN AND RICE CASSEOLE

- 1 cup uncooked rice
- 1 can cream of celery soup
- 1 can cream of chicken soup
- 1 cup water
- 6 chicken breasts
- 1/4 cup melted margarine

Sprinkle rice into 2-quart baking dish. Spoon mixture of soups and water over rice. Rinse chicken and pat dry. Dip in margarine; arrange over soup. Bake at 350 degrees for 1 hour or until chicken is tender. May cover with foil if necessary to prevent overbrowning. Yield: 6 servings.

Jean Rushing

QUICK CHICKEN PIE

- 2 cups chopped cooked chicken
- 1 14 ounce can chicken broth
- 2 cans cream of chicken soup

1 10 ounce package frozen mixed vegetables
1 cup flour
1/2 cup melted margarine
1 cup milk
Combine chicken, broth, soup and mixed vegetables in bowl; mix well. Spoon into 9x13 inch baking dish. Combine flour, margarine and milk in bowl; mix well. Spoon over chicken mixture. Bake at 400 degrees for 1 hour. Yield: 6 servings.

Daphne Scarborough

EASY CHICKEN POTPIE

- 4 chicken breasts
- 1 16 ounce can mixed vegetables, drained
- 1 can cream of celery soup
- 1 can cream of chicken soup

Rinse chicken. Cook in water to cover in saucepan until tender. Bone and chop chicken; reserve broth. Combine mixed vegetables, soups and 1-1/2 soup cans reserved broth in bowl; mix well. Layer chicken and vegetable mixture in 9x13 inch baking dish. Spread topping over casserole. Bake at 325 degrees for 45 minutes or until golden brown. Yield: 8 servings.

Topping:

- 1-1/2 cups self-rising flour
- 1 cup milk
- 1/2 cup melted margarine
- 1/4 teaspoon pepper

Combine flour, milk, margarine

and pepper in small bowl; mix well.

Joyce Waters

CHICKEN AND RICE SOUP

- 1 3-1/3 pound chicken
- 2 quarts water
- 1 onion, chopped
- 2 stalks celery, thinly sliced
- 1 bay leaf
- 1-1/2 teaspoons salt
- 1 teaspoon pepper
- 3/4 cup uncooked long grain rice
- 1 carrot, chopped

Rinse chicken. Combine with water, onion, celery, bay leaf, salt and pepper in heavy saucepan. Bring to boil; reduce heat. Simmer, covered, for 45 minutes. Remove and cool chicken; discard bay leaf. Cut chicken into bite-sized pieces. Add rice and carrot to broth in saucepan. Bring to a boil; reduce heat. Simmer, covered, for 20 minutes or until rice is tender. Add chicken. Heat to serving temperature. Yield: 6 servings.

Carolyn Helms

SAUTED DOVE

- 12 dove
- 3/4 cup flour
- Salt and pepper to taste
- 2 tablespoons butter
- 1/2 cup dry white wine

Rinse dove and pat dry. Coat with mixture of flour, salt and pepper. Brown in butter in heavy skillet. Reduce heat; add wine.

Simmer, covered, for 45 minutes, adding water if necessary. Yield: 4 servings.

Steve Dumford

BEER-BATTERED BASS

- 3/4 cup pancake mix
- 1/4 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 3/4 cup warm beer
- 6 fish fillets
- Oil for deep frying

Combine pancake mix, flour, baking powder and salt in bowl. Add egg and beer; mix until smooth. Dip fish in batter, coating well. Deep-fry in hot oil until golden brown; drain. Yield: 6 servings.

Steve Dumford

SHRIMP CAPRI

- 1 pound shrimp
- 1 clove of garlic, minced
- 1/2 cup butter
- Salt and freshly ground pepper to taste

Peel shrimp, leaving tail portion; devein. Rinse and pat dry. Place in large ovenproof pan. Saute garlic in butter in skillet for 3 minutes. Pour over shrimp. Sprinkle with salt and pepper. Broil 3 inches from heat source for 5 to 7 minutes or until done to taste. Yield: 3 servings.

Janet Batrouny

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