The idea for collecting a heritage recipe book is credited to Dr. J. Clark Ballard, vice president for University Extension, who felt that we could no longer wait to preserve some of the old, truly heritage recipes of early Utah settlers. Many of these recipes represent “comfort food,” while others bring back the nostalgic memories of special events and occasions, and some represent the harshness, the scarceness of the times.

It is appropriate, this bicentennial year, to record and preserve some of the recipes used by early Utahns. To do this, we asked for contributions from all parts of the state. We received overwhelming support for the project, for which we thank all of the contributors. Duplication necessitated we make some judgments as to typical recipes.

—Flora Bardwell, Supervisor
Family Life Programs
We have attempted to keep the language of the recipes just as they were submitted to us. We felt that this added a measure of value to the collection. The cooking methods, and the quaint wording has great appeal to us. We also felt that if we attempted to test, change the recipes, we would only be turning them into a modern recipe (which can be found in any cook book). To use the recipes, then, will necessitate a little common sense and a little experience in interpreting some of the recipes to obtain a desirable product. To help with the interpretation, we have provided some guides in equivalent oven temperatures and measures.

**MEASURES**

- 1 heaping tablespoon sugar = 1 ounce
- 1 tablespoon liquid = ½ ounce
- butter size of an egg = ¼ cup
- 1 pinch = ¼ teaspoon
- 1 drachm = 1 teaspoon
- 1 tumbler = 10 ounces
- 1 teacup = 6 ounces
- 1 wine glass = 2 ounces
- 1 gill = 4 ounces
- 1 quartern = 4 ounces
- 1 slug = 1 tablespoon

**OVEN TEMPERATURES**

- Very Slow: 225-250
- Slow: 250-300
- Moderate: 300-350
- Hot: 350-400
- Quick: 400-450
- Very Hot: 450-550
- Broil: 600
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measures/Oven Temperatures</td>
<td>2</td>
</tr>
<tr>
<td>Main Dishes</td>
<td>5</td>
</tr>
<tr>
<td>Contents</td>
<td>6</td>
</tr>
<tr>
<td>Vegetables</td>
<td>27</td>
</tr>
<tr>
<td>Contents</td>
<td>28</td>
</tr>
<tr>
<td>Puddings</td>
<td>37</td>
</tr>
<tr>
<td>Contents</td>
<td>38</td>
</tr>
<tr>
<td>Cakes</td>
<td>53</td>
</tr>
<tr>
<td>Contents</td>
<td>54</td>
</tr>
<tr>
<td>Desserts</td>
<td>63</td>
</tr>
<tr>
<td>Contents</td>
<td>64</td>
</tr>
<tr>
<td>Breads &amp; Yeasts &amp; Miscellaneous Recommendations</td>
<td>85</td>
</tr>
<tr>
<td>Contents</td>
<td>86</td>
</tr>
<tr>
<td>Contents</td>
<td>Page</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Cornish Pasties</td>
<td>7</td>
</tr>
<tr>
<td>Pasties</td>
<td>8</td>
</tr>
<tr>
<td>Old Fashioned Meat Pie</td>
<td>8</td>
</tr>
<tr>
<td>Meat Croquettes</td>
<td>9</td>
</tr>
<tr>
<td>Steak Roast</td>
<td>9</td>
</tr>
<tr>
<td>Danish Dumplings</td>
<td>10</td>
</tr>
<tr>
<td>Danish Dumplings</td>
<td>10</td>
</tr>
<tr>
<td>Little Dumplings/Knifflies</td>
<td>10</td>
</tr>
<tr>
<td>Hasty Pudding</td>
<td>11</td>
</tr>
<tr>
<td>Potted Beef</td>
<td>11</td>
</tr>
<tr>
<td>Jellied Meat</td>
<td>11</td>
</tr>
<tr>
<td>Scrapple</td>
<td>12</td>
</tr>
<tr>
<td>Scrapple</td>
<td>12</td>
</tr>
<tr>
<td>Deviled Ham</td>
<td>12</td>
</tr>
<tr>
<td>Head Cheese</td>
<td>12</td>
</tr>
<tr>
<td>Head Cheese</td>
<td>13</td>
</tr>
<tr>
<td>Sausage</td>
<td>13</td>
</tr>
<tr>
<td>Wurstlies</td>
<td>13</td>
</tr>
<tr>
<td>Mutton Broth</td>
<td>13</td>
</tr>
<tr>
<td>Fagots</td>
<td>13</td>
</tr>
<tr>
<td>Liver Loaf</td>
<td>14</td>
</tr>
<tr>
<td>Mock Duck</td>
<td>14</td>
</tr>
<tr>
<td>Liver Bundles</td>
<td>14</td>
</tr>
<tr>
<td>Yorkshire Pudding</td>
<td>15</td>
</tr>
<tr>
<td>Lumpy Dick</td>
<td>15</td>
</tr>
<tr>
<td>Danish Pudding</td>
<td>15</td>
</tr>
<tr>
<td>Dressing</td>
<td>16</td>
</tr>
<tr>
<td>Cornbread Dressing</td>
<td>16</td>
</tr>
<tr>
<td>Stuffed Pork Chops</td>
<td>16</td>
</tr>
<tr>
<td>Stuffing</td>
<td>16</td>
</tr>
<tr>
<td>Baked Pink Eye Beans</td>
<td>17</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>17</td>
</tr>
<tr>
<td>Bean Soup</td>
<td>17</td>
</tr>
<tr>
<td>Beans Cooked in Ground</td>
<td>17</td>
</tr>
<tr>
<td>Fried Oysters</td>
<td>18</td>
</tr>
<tr>
<td>Fried Oysters</td>
<td>18</td>
</tr>
<tr>
<td>Chicken Noodles</td>
<td>18</td>
</tr>
<tr>
<td>Homemade Noodles</td>
<td>19</td>
</tr>
<tr>
<td>Rooster Noodle Stew</td>
<td>19</td>
</tr>
<tr>
<td>Finkgar</td>
<td>20</td>
</tr>
<tr>
<td>Gruincole</td>
<td>20</td>
</tr>
<tr>
<td>Vegetable Stew</td>
<td>20</td>
</tr>
<tr>
<td>Poor Man’s Soup</td>
<td>21</td>
</tr>
<tr>
<td>St. Jacob Soup</td>
<td>21</td>
</tr>
<tr>
<td>Ben’s Lake Soup</td>
<td>21</td>
</tr>
<tr>
<td>Hamburger Stew</td>
<td>22</td>
</tr>
<tr>
<td>Cabbage Stew</td>
<td>22</td>
</tr>
<tr>
<td>Farmer Stew</td>
<td>22</td>
</tr>
<tr>
<td>Potato Soup</td>
<td>22</td>
</tr>
<tr>
<td>Mormon Gravy</td>
<td>23</td>
</tr>
<tr>
<td>Porridge</td>
<td>23</td>
</tr>
<tr>
<td>Vitamin Sauce</td>
<td>23</td>
</tr>
<tr>
<td>Sour Cream Pie</td>
<td>24</td>
</tr>
<tr>
<td>Cranberry Meat Loaves</td>
<td>24</td>
</tr>
<tr>
<td>Clam Fritters</td>
<td>24</td>
</tr>
<tr>
<td>Beef and Cabbage</td>
<td>25</td>
</tr>
<tr>
<td>Bank-A-Key</td>
<td>25</td>
</tr>
<tr>
<td>Fricadillas</td>
<td>25</td>
</tr>
<tr>
<td>Frickadilley's</td>
<td>26</td>
</tr>
</tbody>
</table>
CORNISH PASTIES

Mrs. Gayle Moss
Bountiful, Utah

2 pounds round steak
4 medium potatoes, pared
1 medium onion, chopped

2 tablespoons parsley flakes
salt and pepper to taste
enough pastry for two 9” double pies

Soak onion in boiling water. Meantime cut meat and potatoes in half inch cubes, trimming most of the fat off the meat. Drain onion.

Sprinkle with half of the parsley flakes, salt and pepper; repeat with remaining half of the ingredients, stir to mix well.

Divide pie crust into five or six balls and roll out each into a circle or oblong shape and divide the filling on each crust.

Turn half of the crust over like a turnover and pinch the edges together.

Beat 1 egg with small amount of water and brush over each pastie.

Bake at 400° degrees for about 1 hour or until well browned, on a cookie sheet.

If smaller pasties are desired, roll a smaller amount of crust and then divide the filling on each crust. Serve with hot gravy.

These pasties may be frozen after completely cooled.
PASTIES

Dawn Ferkoovich
Ogden, Utah

2 cups sifted flour
1 teaspoon salt

2/3 cup shortening
5 to 7 tablespoons cold water

Sift together flour and salt. Cut in shortening with fork until pieces are of small pea sizes.

Sprinkle 1 tablespoon water on dry ingredients and mix. Add more water and mix, continue until water is gone and dough is well mixed, form into a ball and take little pieces off and roll out until the size of a saucer and add salt and pepper to taste.

6 potatoes – cubed
1 onion – chopped
1 chuck steak

4 carrots, cut up
1 cup peas

Brown meat and onions. Add to rest of ingredients, then place a cup of filling in saucer size pie dough. Fold over as for a turn over. Trim edge. Bake 375°F. for 30 minutes or until brown. Serve with tossed salad or cole slaw. Top pastie with gravy or catsup.

When early pioneers first came to Montana, they had few pots and pans, so they had to make do with what they had. All they needed was one pan. They ate the pastie in their hands. This recipe dates back to the late 1800's.

OLD FASHIONED MEAT PIE

Violet L. Lake

(In early days as a child, I was always tickled when meat pie was to be served for supper; "hamburger" was still unknown.)

Mother peeled and cut into bite-size pieces of potatoes, chunks or slices of beef, chopped onions, salt and pepper and enough moisture (water) in the bottom of a round bake pan 3 or 4 inches deep, and holding about three quarts, so that the baking with a lid on would simmer and cook in the oven until tender. She would prepare a crust toward the end of the baking to put over the lid and bake until done. Then serve the crust and "stew" to each person in proportion. The reason for putting the crust (sort of a biscuit dough) over the lid was to keep it out of the stew moisture so it would not become soggy.
MEAT CROQUETTES

Elzada Adams Hess

Thick White Sauce:
Melt 3 tablespoons butter in pan and blend in 4 tablespoon flour, ¼ teaspoon salt and 1/8 teaspoon pepper. Remove from heat and add 1 cup milk. Add 1 slice onion and cook till thick — approximately 10 minutes. Cool sauce and remove onion. Add 2 cups ground left-over meat and 1 teaspoon parsley, mix well and roll into balls. Dip into beaten egg, roll in crumbs and let dry before placing in basket to fry in deep fat. Garnish with parsley and fluffy white potatoes.

STEAK ROAST

Ruth Bone

2 pounds of round steak  
2 tablespoons diced pork  
2 cups of bread crumbs, browned

Salt and flour steak, spread bread crumbs on it and roll and tie to keep it in shape. Put two slices of bacon on top of the roll and bake for one hour in enough water to make good gravy.

DANISH DUMPLINGS

Edna Kunz  
Manti, Utah

Danish dumplings were made by my Grandmother Kristina Lund Jensen, to take to all her friends and neighbors when a new baby arrived in the family. My mother, Miranda Madsen, was asked to make the dumplings when ever the South Ward of Manti held a Bazaar.

1 cup milk  
1/4 cup butter  
1/2 teaspoon salt  
1 slice white bread  
scant cup flour  
2 eggs  
1 teaspoon sugar

Place milk shortening and slice of bread in heavy skillet on the stove and mix until bread is all mixed with milk. Add salt, sugar and flour and continue cooking, stirring constantly, until mixture sticks together. Remove from heat and add eggs, one at a time, beating after each egg. Drop from tablespoon in to gently boiling soup. Dip spoon in soup between each spoonful so dumplings will slide off spoon easily. Cover kettle and simmer (about 7 minutes until dumplings come to top of soup.)
DANISH DUMPLINGS

Ida Mae Jackson
Teasdale, Utah

1 cup water
⅛ cup butter or margarine
4 eggs

⅛ teaspoon salt
1 cup flour

Bring water, butter, salt to a boil. Add flour all at once, stir rapidly until dough leaves side of pan. Cool slightly, add eggs stirring well after each egg added. The dough is then heaped the size of walnut on wax paper, let stand for an hour or longer, add to boiling soup.

DANISH DUMPLINGS

Virginia K. Nielson
Ephraim, Utah

This “Fool-proof” recipe is one our family has used for several generations. It is in written form for the first time as I watched an elderly aunt make some of these delicious morsels for our family. She said no electric mixer should be used, only a wooden spoon, in the mixing process.

⅛ cup water in heavy pan
Add ⅛ teaspoon salt
1 cup milk
2 tablespoons butter or margarine

Bring to a boil and add 1 cup flour, all at once. Stir and let cook until mixture gathers in to a ball and leaves sides of pan. Remove from heat and beat in 2 eggs, one at a time. Beat well until mixed, and add ⅛ teaspoon nutmeg. Add to simmering chicken or beef soup by tablespoons. Wet spoon in soup each time. Cover with lid and simmer for ten minutes.

LITTLE DUMPLINGS OR KNIFFLIES

Amanda Graf

Mrs. Graf submitted these recipes that belonged to her mother. Her mother’s life was saved from drowning by Jacob Hamblin who was a scout for the pioneers.

1 cup flour
1 egg

1 teaspoon salt

Enough water to make a smooth dough but not thin. Mix and beat batter and drop by spoonfuls into boiling, salted water and boil real fast. Beat batter each time dough is added to the water. When done remove from water with a slotted spoon and let water drain off and then put them in a dish and put a layer of cheese on top, then another layer of dumplings and cheese. Top with buttered bread crumbs and serve.
HASTY PUDDING

Helen Thackeray

1 cupful cornmeal
2 tablespoons flour
1 teaspoon salt
1 cup milk
1 cup boiling water

Mix the meal, flour, and salt with the milk; when smooth, stir in the boiling water. Cook in a double boiler one hour or more; or over direct heat one half hour. Serve with cream and sugar, or turn into tins to cool if wanted for frying. Cut into slices, dip in flour, and fry in bacon drippings.

POTTED BEEF

Edna Cloward

The beef should be well boiled, and all the fat taken off. Chop it very fine; season with salt, pepper, allspice and a little sage. Melt butter enough to knead it well together. Pack it closely in bowls (to turn it out nicely), and pour melted butter over it, and it will keep a week in cool weather.

JELLIED MEAT

Edna Cloward

Boil a shank of beef five or six hours; separate the bone and fat from the meat and gristle, tear the meat in shreds and cut up the gristle. When the liquor is cold skim off the fat, and add enough of it to the meat to make the consistency that of soft hash. Add salt, pepper, mace and allspice to taste, and cook fifteen minutes, stirring constantly. Veal can be used in the same way. Pour into molds and chill.

SCRAPPLE

Linda Lohrengal
Ephraim, Utah

1 pound fresh liversausage
4 cups water
½ pound salt
½ teaspoon pepper
Add: 2/3 + 1/6 cup Buckwheat
2/3 cups cornmeal
Cook slow 5 min.
Pour in loaf pan to cool, refrigerate.

Combine and cook until it boils.

To serve: Slice off meat, fry in fat, serve with catsup on top.
SCRAPPE

2 pounds fresh pork (neck bones jowles or other cheap cuts) 1½ quarts water
salt and pepper 1 cup yellow corn meal

Cook pork slowly until meat drops from bones. Strain broth. Cut pieces of meat real fine. Add water to broth to make 1 quart of liquid. Add meat and bring slowly to a boil. Add corn meal. Cook until thick. Add salt and pepper. Cook until real thick. May be that more corn meal will be needed. Stir often to prevent scorching. Pour mixture into loaf pans. Let cool overnight. To serve, slice and brown slowly on both sides in hot skillet. Serve with baked sweet potatoes or in place of breakfast cereal.

DEVILED HAM

Edna Cloward

Take lean, boiled ham and chop it very fine, season it well with black and red pepper and dry mustard, press it solid, and slice thin. Boiled beef’s tongue may be served in the same manner.

HEADCHEESE

Oreta Rich Berghout
Midvale, Utah

My great grandfather, Charles C. Rich, was the leader of the pioneers into this area and my maternal great grandparents also came early to this region. They frugally used all their sources of food as evidence by these recipes: from Idaho Bear Lake Region.

Cut off the cheeks from the head of the pig and all the lean meat. Then soak the meat over night in cold water with a tablespoon of salt in it. Next morning, drain, pour hot water over it and cook until you can take a fork and pick out the lean meat. Put in dish. Grind it immediately with the coarse knife. Season to taste with salt, pepper and sage. Stir with a fork and taste. Then put in a bowl with a plate on top to press it down and set in cold place. Don’t leave the plate on any longer than one hour. Boil the heart with the meat as it makes the head cheese more lean.

(This was delicious on sandwiches!)
HEADCHEESE

Amanda Graf

Cut lean meat off pigs head and boil. Also boil the tongue in salt water and peel off outer layer. Grind tongue and cooked meat and season with salt, pepper and sage. Pack into loaf tin and slice when cool.

SAUSAGE

Edna Cloward

20 pounds of chopped meat 1 ounce of powdered sage
8 ounces of salt 1 tablespoonful of ginger
2 ounces of pepper

When cool, pack in pans, and first cover it thick with lard, then with paper. When cutting for use, loosen a portion of the paper and press it back again. Keep in a cool, dry place.

WURSTLIES

Cook pork and grind. Add salt, pepper and other seasonings as desired. Stuff into well-washed and cleaned small intestines and twist to make the desired sized sausages. These tasted like pepperoni.

MUTTON BROTH

Martha Clark

Take a pound of the scraggy part of the neck of mutton. Cut off all the fat, and cut the lean into small cubes. Add to the meat four tablespoons of pearl barley and three pints of cold water. Heat slowly to the boiling point, skim carefully, and set the broth back where it will simmer. Place the bones in a pint of cold water, and boil them gently for half an hour. Then, strain the liquor into the broth and cook the latter two hours longer. Season well with salt. The barley may be omitted if not cared for, but it adds much to the nutritiousness of the broth.

FAGOTS

Arlene P. Hansen
Brigham City, Utah

Take fresh pork meat along with some of the liver. It was ground and seasoned just right. Then about ½ cup of this would be wrapped in a small piece of the apron, (a thin membrane that covered the pig's stomach). Then each little bundle is cooked nice and brown in the oven.
This recipe was brought from England in 1871, by my Grandmother as a young bride. In those days nearly everyone did their own butchering on the farm. I remember watching mother make this tasty dish when I was very young.

This was such a nutritious and tasty way to serve liver, that I decided to give it a little modern twist and serve it to my family. I renamed it

LIVER LOAF

1 pound good country sausage  ½ cup bread crumbs
½ to 3/4 pound fresh liver   ½ teaspoon salt
1 medium size onion          ¼ teaspoon pepper

Grind the liver, onions and bread crumbs. Add to sausage and seasoning. Mix well, and form into small loaves, on a dripper pan. Brush with Worcestershire sauce. (I like small loaves because they brown better and get well cooked.) Bake at 350° until deep golden brown. About 40 minutes. Serve piping hot.

MOCK DUCK

1 pork liver – ground with the following: one large onion, sage, salt, pepper, and bread crumbs to taste.

Take the veil of the pig (perhaps the apron?) and cut the thinner part into 4” x 4” squares. Put about ½ cup of the pork liver mixture onto the squares and fold the squares over the stuffing. Place stuffed squares in a dripper pan and bake 35 to 40 minutes. (No temperature was given, but use a medium-hot fire.)

This recipe is from Maude Robertson of Nephi, Utah. She said she got the directions from her grandmother who came to Utah in 1862.

LIVER BUNDLES

LaVerne G. Mansfield
Brigham City, Utah

A real old recipe from my Welsh grandmother. We used to enjoy them so much as children.

1 whole pork liver  salt
1 pound lean pork   pepper
3 onions (1 cup)    garlic salt or fresh sage to taste

Have butcher grind all this (unless you have a grinder). Get the white apron from the pig, and soak it in salt water over night. It is a veined substance and cut it in 3-inch squares. Put 2 tablespoons of the meat in each square and roll it up. Bake at 350° until brown. A good way to use liver.
YORKSHIRE PUDDING

Eljean Rowley

Two or three eggs
6 tablespoons flour (heaping)
1 pint milk
pinch of salt

Beat the eggs; add the flour and salt; stir in the milk to form a smooth, very thin batter; pour the batter into the side of a pan of bubbling hot beef drippings from which a roast has been removed. Cook 20 minutes in hot oven (about 375°). Do not open the oven door while pudding is baking. When cooked, the pudding has risen to the top of the pan and has crusty edges. It usually falls when removed from the oven. Cut into squares which may then be served with the meat or with butter and sugar or jelly as a dessert.

LUMPY DICK

Hannah Wells
Washington Co.

Ruby Roe
Panguitch

2 cups milk, scald with
1 tablespoon margarine
¼ teaspoon salt

Few grains pepper
Beat 1 egg, combine with
½ cup flour and ½ teaspoon salt

Break up into 1 teaspoon size and drop into hot milk. Cover and allow it to cook on low heat 7 to 10 minutes. Serve in soup dish with the milk or cream poured over. Some people like it served with sugar or sugar and cinnamon. Serve as a main supper dish with either fruit or vegetable salad.

DANISH PUDDING (Lumpy Dick)

Bring one quart of milk to boiling point in a skillet and sprinkle white flour a little at a time slowly, not stirring but gradually “poking” and mixing so it will not get slick and smooth, but ever so slightly lumpy. Keep at high heat but do not boil hard for about 15 minutes. It should take enough flour to be a fairly thick (like cereal) consistency and be served warm with very thick cream. Used as pudding you add butter, sugar and cinnamon or nutmeg. Used as a morning breakfast, it was served with butter and salt.
DRESSING
Cecilia Tobler

1 loaf stale bread crumbs (cut in small pieces)
1 medium-sized onion
ground sage to taste
¼ pound butter (scant)
meat broth cooled
2 eggs
salt to taste
pieces of chicken cut fine or any kind of meat desired
Mix and bake in medium oven.

CORNBREAD DRESSING
Bonnie Jo Lundin
St. George, Utah

Crumble left-over corn bread into pan (white bread or biscuits may be added)

Add chopped onion and celery and rubbed sage. Moisten with broth or water and pan drippings from chicken or turkey.

Stir well together to moisten thoroughly. Chopped giblets or chicken meat and hard boiled chopped eggs may be added.

Bake in dripper pan with boiled chicken pieces arranged on top until brown 350°. Or stuff fowl and bake as with any other dressing.

STUFFED PORK CHOPS
Angie Earle
Salt Lake City, Utah

Select 6 center loin pork chops 1½ inches thick. Wipe each with a damp cloth and remove any loose pieces of bone. Trim off any excess fat. With a sharp knife cut a deep pocket in each chop – put 1 tablespoon of stuffing in each pocket and fasten with a tooth pick.

Sprinkle each chop with salt and pepper and a few drops of lemon juice. Dredge with flour and let stand ½ hour. Dip in beaten egg—roll in fine bread crumbs and fry to a golden brown in deep fat. Place on a rack in a roaster. Add 1 cup of water. Bake 1 hour in 275° oven.

STUFFING

BAKED PINK EYE BEANS

Hazel F. Halladay

Cook two cups soaked pink eye beans with ham bone till done and dry. Make casserole:
- Tomato juice – cover beans
- Dark karo syrup – 3 tablespoons (or 2 tablespoons sugar)
- Dry mustard – ⅛ teaspoon (make paste with cold water or tomato juice then add to beans)
- Salt and pepper
- Shortening or lard – 3 tablespoons (put down into the beans and tomato juice dotted here and there.)

Put a few strips of bacon on top.
Bake 350° to 375° 1 hour

BAKED BEANS

Mahala T. Sorensen

Soak 1 pint or more of beans overnight. Cook with salt to taste until nearly done. Place in baking dish with tomato juice or canned tomatoes, enough to keep moist. Add 2 or 3 tablespoons of molasses or brown sugar, spices cinnamon, ginger, mustard, to taste. Cut strips of bacon and place on top. Bake in oven until beans are soft and bacon is brown.

BEAN SOUP

Helen Thackeray

1 quart white beans
3 quarts boiling water
1 teaspoonful salt
1 slice salt pork or ham bone

Wash the beans and soak overnight; in the morning, add the meat and salt. Boil until tender. Add more water as the beans cook if needed.

BEANS COOKED IN GROUND

Rose Terry Cooke

Dig a hole 18 inches square, make fire in the hole and let it burn down to hot coals. Put a pot of beans in the hole with plenty of water, salt and pepper, and add a piece of bacon. Cover tightly, place coals and ashes around pot and cover with dirt. Cook 6-8 hours.

"After much meditation and experience, I have divined that it takes as much sense and refinement and talent to cook a dinner, wash and wipe a dish, make a bed and dust a room, as goes into the writing of a novel, or shining in high society."

17
FRIED OYSTERS

Ruth Bone

Make a batter of 3 eggs beaten, 3 tablespoons of milk, 1 tablespoon flour, little salt, and the liquor of the oysters. Put 1 tablespoon of butter into frying pan and when hot, drop oysters one at a time into the batter, filling the spoon with batter; drop them into hot butter and fry to a rich brown.

The old saying fish and visitor stink after 3 days.

CHICKEN NOODLES

Sherie Cunnington

Old Time Favorite Chicken Noodles — most farmers or homesteaders had a few chickens in their barnyard. They soon found a delicious economical meal could be had with just chicken, eggs, flour, water, and salt.

Chicken noodles has been a favorite with us, for over four generations. In our family it was a “Company’s Comin’” meal or a special Sunday dinner.

For many years it has become a family tradition, to go to grandma’s on Christmas Eve for homemade chicken noodles and pie. It will always be a favorite memory.

The noodles can be served as a soup or made thicker as a main dish.

One, 2 or 3 pound chicken, whole or cut-up. Cover chicken with water. Simmer 1 hour or until tender. Remove chicken and cool. Remove bones and cube meat. Salt and pepper to taste. Broth should be rich and flavorful. (for more flavor you may add carrots, onions, and celery, while chicken is cooking. Then strain.)

3 or 4 eggs
1 teaspoon salt
2-2½ cups flour

Add salt to flour, mix eggs in gently until dough pulls away from bowl. Knead until a firm dry dough. Divide dough into three parts. Roll one section at a time. Get as thin as possible. Fold dough into several layers, cut in thin strips. Dust with flour and separate strips. Drop into broth and cook until tender.
HOMEMADE NOODLES

Mrs. Vonda Corgiat
Huntington, Utah

2 eggs
1 teaspoon baking powder
1 cup flour — (about)
3 tablespoons cream
Pinch salt

Mix all together. Add more flour if necessary to make stiff dough. Blend well.
Sprinkle bread board with flour and roll dough very thin. Dust top with flour.
Cut with noodle cutter.

These recipes brought from England by my Grandmother Mary Howard and
handed down by her daughter.

NOODLES

Eljean Rowley
Oasis, Utah

1 egg
1 egg-shell water
½ teaspoon salt
1 cup flour

Beat egg, water, salt and add flour until dough is very stiff, roll very thin with
plenty of flour on board. Flour thoroughly, fold and roll out again and repeat
adding plenty of flour each time, then flour again and roll tightly like a jelly roll
and slice very thin. Shake out into strings of dough, sprinkle into 2 quarts of
soup stock (boiling and cook ten minutes).

EXTRA ROOSTER CHICKEN & NOODLE STEW

A pioneer recipe over 100 years old by Maude Vanderhoof Hurd.

Melba Coombs

(Make noodles while rooster is cooking)

Kill a rooster not young, not the oldest. Scald it, pluck your feathers, and singe.
Wash very good. Cut up. Put in heavy kettle. Barely cover with water. Season
with salt and pepper to taste. Boil one hour for each year old till almost tender.
Add 1 cup of diced potatoes, 1 cup diced carrots, ½ of a small diced onion.
Cook until almost tender. Then add the noodles (recipe below) and cook about
10 minutes.
Homemade Noodles:

About 1/8 teaspoon of salt or a few shakes
3 eggs

Add enough flour to make a dough you can roll out—about as thick as pie crust.
Flour your rolled out flat dough lightly and roll it up. Then cut in about 1/8 inch strips. Add to your stew and cook about 10 minutes.

Melt 1/4 cup butter, 1 tablespoon flour, mix together real good. Add this thicken'ing to your stew — as much as you want for how thick you like. Cook a few minutes and it's ready.

FINKGAR
Mattie Mickelson
Manti, Utah

Boil pig head and remove meat from bones. Cook liver in separate pan. Grind both meats together. Cook 1 cup dried apples and grind. Add apples, season with salt & pepper. Pour hot pork broth gel over meat. Press & cool. Can be served sliced either hot or cold. 2 cups crackling from pork rinds can be added for flavor.

GRUINCOLE
Dorothy Madsen
Manti, Utah

Cook a ham bone and onion until tender. Add 2 cups chopped caraway tops. 5 medium sized carrots, 4 medium sized potatoes, handful of parsley chopped. Season with salt and pepper. 1/2 cup rice. Cook until vegetables are tender.

VEGETABLE STEW
Kathryn Green
So. Ogden

2 cups carrots, sliced  1/4 cup onion, chopped
1 1/2 cups potatoes, diced  1 1/2 pounds hamburger
1 cup celery, chopped  1/2 cup cabbage, chopped

Cover with water, carrots, onions, and celery. Add 1 teaspoon salt and cook 20 minutes, then add potatoes and cabbage for 15 more minutes. While that cooks, brown meat and add to vegetables. Save drippings. Add 2 to 3 tablespoons flour, stir until blended, add water to make thick gravy, add to vegetables and meat. Add 1/4 teaspoon pepper and simmer for 10 minutes to blend. (For more flavor add 2 beef bouillion cubes.)
POOR MAN'S SOUP

Catherine Barney

Cut up bacon, add two large potatoes, sliced & diced. Fry until golden color, then add a small diced onion and 1 quart water and salt and pepper. When cooked add dumplings made with one egg.

POOR MAN'S SOUP

Ruth Lyman
Wayne County

Cut up 1 cup bacon. Put in kettle and cook. Pour off excess grease, add chopped onions. Cook slowly while peeling potatoes cut in cubes and add. Sprinkle with 2 large tablespoons flour season, stir add plenty of water, cook until well done.

MRS. WORDEN'S ST. JACOB SOUP

Martha Clark

1/4 pound salt pork, or 6 strips bacon 2 onions sliced
2 good sized potatoes, diced 4 fresh tomatoes

Cut pork or bacon into small pieces and cook until brown, but not crisp. Cook potatoes and onions in boiling water until tender; add pork with some of drippings, also tomatoes, and simmer for 10 minutes. Serve with hard bread which has been toasted and cut into cubes. Seasoning should be added to taste.

Where the name St. Jacob soup came from remains a complete mystery. But this method of making a delicious and filling soup has come down in our family from Benjamin Morgan Roberts, my great grandfather, who was a member of the Mormon Battalion. He and his sons often prepared this soup in later years when they were out on their ranch in Castle Valley in Southern Utah. A son, Isaac Bullock Roberts, could prepare this soup better than anyone. The secret—learned from careful watching—was that he neglected to wash the potatoes before or after peeling.

BEN'S LAKE SOUP

Juanita Strahl
Bountiful, Utah

Hamburger
Onions
Corn
Water
Carrots (3)

Tomato sauce (2 small cans, tomato juice or tomatoes)
Celery (3)
Potatoes (6 small) cut up
Salt & pepper

Brown hamburger in large pan; remove grease. Add vegetables. Cook until tender.
HAMMBERGER STEW

Marilee Packer
Brigham City, Utah

This recipe was handed down from my great grandmother who came across the plains to her daughter, Emma Packer. It is easy to make in any amount. My grandmother cooked this recipe in large amounts as she had twelve children.

For six servings:
Brown 1 1/2 pounds medium grade hamburger until brown. Add two large onions chopped fine and brown the last few minutes. Add one quart boiling water. Add six or eight cup up carrots, six medium sized potatoes, salt and pepper to taste.

When vegetables are tender, add three heaping tablespoons of flour that has been shaken with one cup cold water. Add to cooked meat and vegetables making sure there is about a good quart or so of liquid to cover the vegetables while cooking.

CABBAGE PATCH STEW

1 pound ground beef
2 medium onions, thinly sliced
1 1/2 cup chopped cabbage
1/2 cup diced celery
1 quart stewed tomatoes
2 cups cooked kidney beans
1 cup water
1 tablespoon salt
1/4 teaspoon pepper
1 to 2 tablespoons chili powder

Cook ground beef in dutch oven until brown; drain. Add onions, cabbage, celery.
Cook. Add tomatoes, beans and water and seasonings. Add more liquid if wanted.

FARMER STEW

Salt and pepper and then pound all flour meat will hold into both sides of round steak. Fry in butter or fat and brown on both sides. Add enough water to cover and simmer for 2 hours or until tender. (The skillet was placed on the back lids of the old fashioned coal stove.)

POTATO SOUP

3 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups cooked diced potatoes
1 cup potato water
1 tablespoon grated onions

Melt butter in sauce pan. Stir in flour, salt, and pepper. Add milk and cook stirring until thick and smooth. Add potatoes, water and onions. Heat to boiling and season to taste.
MORMON GRAVY

Eljean Rowley

3 or 4 tablespoons fat; 3 cups cool liquid; 2 tablespoons flour; salt and pepper. Remove meat from the pan, leaving ample amount of fat. Add flour, brown slightly if desired. Remove from fire, add liquid, stirring rapidly to prevent lumping. When all blended, return to heat, bring to a boil and season. Amounts can be varied according to the richness desired and the amount needed. Gravy made from milk was preferable but oftentimes the pioneers used the water in which vegetables were boiled or the extract from the soluable parts of meat, fish, or poultry. It was an important part of the pioneers’ diet, as one man speaking of the early days, said: “Mother always made plenty of gravy.”

PORRIDGE (Pioneer Vintage)

Violet Lund Lake

For one serving:

3/4 cup water (or milk)
1/4 cup meal (whole wheat flour or corn meal)
1/4 teaspoon salt

Stir often while heating and when the moisture is thickened — starts to bubble — it is done. Remove from heat.

Delicious as a hot cereal. Can be used with a dab of butter and/or pepper, or with sugar or honey; and may be cooked with raisins, chopped dates, etc., for variation.

VITAMIN SAUCE

1 quart milk
4 slices bacon
5 tablespoons flour
3 medium sized dandelions
1 pinch sage

Put milk to heat. Wash dandelions thoroughly. When sauce is thoroughly cooked, set on back of stove. Cut bacon crosswise of strips. Fry until crisp. Drain off grease and stir bacon into sauce, add sage. Gather the dandelion leaves into hand and cut through bunch, making about ½ inch or less lengths. Just before serving stir the dandelions into the sauce. Serve on potatoes, baked or mashed.
SOUR CREAM PIE

Laura Gubler

1 pint sour cream
3 eggs
¼ cup chopped onions
¼ teaspoon salt
milk enough to make 1 quart

Beat up milk and cream and let set until clabbered—probably one or two days. Add eggs and onions last and bake in a pie crust or as a custard. Bake in medium oven until brown.

CRANBERRY MEAT LOAVES

Irene B. Olsen

1 egg beaten
2 tablespoons chopped onion
½ teaspoon salt
1 pound ground beef
¼ pound sausage
2 teaspoons lemon juice
1/3 cup milk
1/3 cup quick oats
pepper
1 cup cranberry sauce
¼ cup brown sugar

Combine eggs, milk, meat, onion, oats, salt and pepper. Shape into loaves in baking pans. Combine brown sugar, cranberry sauce and lemon juice and spoon over loaves. Bake 45 min. at 350°.

CLAM FRIFFTERS

1 cup flour
¼ teaspoon salt
1/8 teaspoon pepper
2 eggs
1 teaspoon melted crisco
1/4 cup milk
1/4 cup clam juice
1 dozen clams, cleaned and chopped

Mix and sift flour, salt and pepper. Add beaten eggs, milk and clam juice and mix until smooth. Add crisco and clams and mix well. Drop by tablespoons in deep hot crisco and fry about 5 minutes or until brown. Drain on unglazed paper and serve with tarter sauce.
BEEF AND CABBAGE

Mahala T. Sorensen
Orderville, Utah

Father killed the beef in November or December if the weather was real cold, hang it up to freeze, during the cold winters he would cut off large pieces for Mother to boil in her big iron kettle. She would boil it till tender, then take a cabbage out of storage in the ground, cut it in half, and place on top of the beef with potatoes (large ones cut in half) and cook them with the beef. This was one of our favorite dinners when we were growing up.

BANK-A-KEY

3/4 pound round steak cut 1” thick  1 bay leaf
small amount of suet  1 tablespoon salt
1 cup sliced onions  ½ teaspoon pepper
2 tablespoons flour
1½ quart boiling water (approx.)

Render suet in large heavy 2-quart skillet. In half of the rendered fat brown steak on both sides. Remove meat from skillet to a sauce pan and add onions. Add second half of rendered suet to skillet and add flour and brown well. Add water and make a gravy; stir until smooth. Pour over meat and onions and add bay leaf and seasonings. Cook over low heat until meat is tender (about 1½ hours). Serve with mashed potatoes.

FRICADILLAS (Danish Meat Patties)

Mrs. Richard Nelson
Provo, Utah

2 pounds ground beef  2 eggs
1 pound ground sausage  1 scant cup flour
1 tablespoon salt  1 cup rolled oats or cracked wheat
½ teaspoon pepper  1 cup condensed milk
1 cup chopped onion

Mix all together and make into patties. Fry in hot fat very slowly so meat and onions will cook through.

I brown my patties on both sides and place in a heavy kettle, add a little water and let them steam for 30-40 minutes until I am sure they are cooked through.

This recipe came over from Denmark in 1852 with our great grandmother. But it was used in Denmark for several years prior to that time.
FRICKADILLEYS

Bonnie Berry
Roy, Utah

1 pound hamburger
2 cups canned tomatoes
2 eggs, beaten

6 slices of dry bread (or crackers)
½ onion, chopped
pinch of salt – dash of pepper

Mix all together and shape into 8 patties. Fry until well done.

"My great Grandmother Bench used this recipe to stretch her meat budget many years ago."
Vegetables
# Contents

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots Danish Style</td>
<td>29</td>
</tr>
<tr>
<td>Fried Carrots</td>
<td>29</td>
</tr>
<tr>
<td>Norwegian Potatoes</td>
<td>29</td>
</tr>
<tr>
<td>Potato Dauchti</td>
<td>30</td>
</tr>
<tr>
<td>Red Spiced Cabbage</td>
<td>30</td>
</tr>
<tr>
<td>Sweet and Sour Cabbage</td>
<td>30</td>
</tr>
<tr>
<td>Sour Cream Cabbage</td>
<td>30</td>
</tr>
<tr>
<td>Stuffed Cabbage</td>
<td>31</td>
</tr>
<tr>
<td>Succotash</td>
<td>31</td>
</tr>
<tr>
<td>Tomato Soup</td>
<td>31</td>
</tr>
<tr>
<td>Shepherder Potatoes</td>
<td>32</td>
</tr>
<tr>
<td>Potato Cakes</td>
<td>32</td>
</tr>
<tr>
<td>Pea Pod Soup</td>
<td>32</td>
</tr>
<tr>
<td>Salted Green Beans</td>
<td>33</td>
</tr>
<tr>
<td>Quilter's Potato Salad</td>
<td>33</td>
</tr>
<tr>
<td>Tomato Bisque</td>
<td>34</td>
</tr>
<tr>
<td>Raw Potatoe Pancakes</td>
<td>34</td>
</tr>
<tr>
<td>Vegetable Cookery</td>
<td>34</td>
</tr>
<tr>
<td>Ladies Cabbage</td>
<td>35</td>
</tr>
<tr>
<td>Main Dish Baked Sauerkraut</td>
<td>35</td>
</tr>
<tr>
<td>Baked Stuffed Tomatoes</td>
<td>35</td>
</tr>
<tr>
<td>Wilted Dandelion Greens</td>
<td>35</td>
</tr>
<tr>
<td>Potatoes for Each Day of the Week</td>
<td>36</td>
</tr>
<tr>
<td>Hunters Cheese Creamed Onions</td>
<td>36</td>
</tr>
</tbody>
</table>
CARROTS DANISH STYLE

Mrs. Richard Nelson
Provo, Utah

2 tablespoons butter or margarine
1 medium onion
1 pound carrots, sliced

1 teaspoon salt
1 teaspoon sugar
1 can condensed milk

Brown onions in butter and add the sliced carrots, salt and sugar, enough water to cover, cook for 30 minutes or until the carrots are tender. Add the canned milk and boil for 2 minutes.

This recipe came over from Denmark in 1852 with our great grandmother. But it was used in Denmark for several years prior to that time.

FRIED CARROTS

Mario Marx
Bicknell, Utah

4 cups raw grated carrots
4 tablespoons brown sugar
4 tablespoons butter

Melt butter and sugar in fry pan. Add carrots, a little salt and for seasoning add chopped green pepper, parsley, or grated onion. Simmer on low heat 20 min. to ½ hour, till thoroughly cooked. Add ½ cup cream and serve.

NORWEGIAN POTATOES

Dorothy L. Olsen
Brigham City, Utah

6 medium size potatoes boiled until tender.
Drain
6 anchovies
½ teaspoon mustard
1/4 teaspoon parsley
1/8 teaspoon pepper
2 tablespoons butter
few grains nutmeg
2 egg yolks slightly beaten

Put potatoes through ricer. Add rest of ingredients and beat thoroughly. Place on range and cook slowly 3 minutes stirring constantly. Remove from range. Spread on plate to cool. Then mold like small eggs. Roll in bread crumbs — beaten egg — then in crumbs. Fry to deep golden brown in deep hot oil.
POTATO DAUTCHI

Lois Ward
Bear River City, Utah

For a family of five, grind 6 large potatoes uncooked, add ⅛ cup cream and ⅛ cup milk, 1 teaspoon salt, 2 tablespoon margarine or butter, and 4 eggs beaten. Put in baking dish and bake about one hour at 350°. Put dabs of butter on top of dish before baking.

This recipe is about one hundred years old. It is an old dish brought over from Germany. Back in the days before the First World War, the people had very little food to eat but lots of potatoes. They tried to figure out different ways in which to fix potatoes in order to keep alive. This recipe came about in that way.

RED SPICED CABBAGE

Eljean Rowley

From Germany in 1800's
1 quart cabbage shredded (preferably red); 2 tablespoons vinegar; ½ cup sugar; ½ teaspoon cloves; 2 onions, shredded; 1 medium apple; 1 small potato, sliced; ½ teaspoon salt; ½ teaspoon pepper; 1 tablespoon shortening. Put cabbage, onion, apple and potato in boiling water and simmer until just tender. Drain and add remaining ingredients.

SWEET AND SOUR CABBAGE

Elba Hanks Brown

Take one solid head of cabbage and cut up fine. Add ½ teaspoon salt and boil for about 20 minutes or until tender.

Take from stove, don’t drain and add 1 beaten egg, ¼ cup vinegar or more to taste, ½ cup sour cream and ½ teaspoon sugar. Stir and serve hot.

SOUR CREAM CABBAGE

Mary Ann Whiteside Hunter (deceased)
Tooele County

Cut large head of cabbage in half — slice in small slices. Boil in salted water until tender (remove core when slicing)

Sauce: 2 eggs beaten
1 cup sour cream
Approx. 1 teaspoon to ½ teaspoon vinegar (to taste)

Drain cabbage. Pour sauce over cabbage and mix together. Bring to boil. Serve.
STUFFED CABBAGE

Catherine Barney

1 medium head cabbage  
1 cup ground ham  
1 tablespoon chopped parsley  
1 tablespoon cooking fat  
1 cup bread crumbs  

2 tablespoons butter (or substitute)  
2 tablespoons chopped onion  
1 egg well beaten  
salt, pepper, cayenne  
1 cup water

Soak cabbage in cold water one hour. Boil in sufficient salt water to cover until almost tender. Drain, remove center leaving two layers of leaves. Shred the portion of cabbage which was removed. Add ham, crumbs, onions, parsley, egg, cooking fat and seasonings. Pack lightly into cabbage shell, tie the leaves tightly to hold the stuffing in place. Put in roaster, baste with butter or butter substitute, which has been combined with one cup of water. Bake in slow oven (350°F) about 35 minutes.

SUCCOTASH

Mario Marx  
Bicknell, Utah

1 can corn  
1 can lima beans  
1 can cream  
onion or parsley to season  
1 tablespoon butter  
1 tablespoon flour

Mix all together and bring to boil to thicken.

These recipes have been handed down by my husband's family since early pioneer times. They are favorites of ours, and are used real often.

TOMATO SOUP

Linda Lohrengol  
Ephraim, Utah

½ bushel tomatoes  
1 bunch parsley  
1 large celery stalk  
6 large onions

Grind together

Cook until mushy. Put through cone sieve. Bring to a boil, add 3 cups sugar, salt & pepper to taste. Can. This recipe comes from my great grandmother, Ida Smith in Bloomsburg, Pa.
SHEEPHERDER POTATOES

Ethel Nielson
Manti, Utah

6 large potatoes thin      1 large onion sliced thin

Brown in butter until light brown, salt and pepper to taste. Fry in heavy skillet. Add enough milk to cover, simmer 15 minutes. Serve with hot mutton chops and sourdough biscuets.

POTATO CAKES

2 cupfuls finely chopped or mashed leftover potatoes
2 tablespoonfuls cream
1 egg
Pepper and salt

Mix the potatoes thoroughly with the seasonings, egg and cream. Drop by spoonfuls in hot fat in a frying pan, and brown nicely on each side.

POTATO CAKE

Eljean Rowley

Mother said it came from Mrs. Prisby whose grandmother brought it from Austria.
3 tablespoons lard; 6 medium potatoes; 2 teaspoon salt; ½ cup milk; 2 eggs; 1 cup flour. Wash and peel potatoes and grate. Add salt, milk, eggs, and flour. Heat shortening in a skillet and drop potato mixture by spoonfuls onto skillet. Fry golden brown on both sides. Makes 4 servings. Delicious hot or cold, with meat, fish or salad.

PEA POD SOUP

Violet Lake

Mother removed peas from the washed pea pods, and boiled the pods in water in covered pot until all the flavor was boiled out. Then she drained the water off and made a cream soup with the water, some milk and thickening and seasoning. I loved it poured over a big slice of home-made bread. I seem to remember having it only when I lay ill, and I loved it. It probably had some healing power in it.
SALTED GREEN BEANS

Helen Thackeray

(Made each Fall by a second generation pioneer to this day)

Pole beans are best to use. Wash them good, snip the ends off, and split them through the middle lengthwise (French style).

Layer the beans and ice cream salt in a crock. Fill the crock, then add a little water (very little – not more than about one cup). Use a plate on top to press the beans down, then store in a cold place. You may need to pour off water as the brine forms, but these beans will keep well all winter.

To use the beans, rinse them well, then place them in cold water; Heat to boiling, then pour off the water.

Next add them to boiling water and cook about 20 minutes or until tender.

May be seasoned with a little butter or bacon drippings.

QUILTERS POTATO SALAD

Mamie Allred
Spring City, Utah

3 large potatoes
3 hard cooked eggs
4 tablespoons minced onion
Salt & pepper to taste

Cook potatoes in jackets until done. Cool, skin and dice. Add chopped hard cooked eggs. Add onion, salt and pepper. Set aside a few minutes before adding dressing.

Dressing

1 teaspoon dry mustard
1 teaspoon salt
3 tablespoons sugar
3 tablespoons butter
2 eggs (beaten)
½ cup hot vinegar
1 cup cream whipped

Mix mustard, salt and sugar and add to beaten eggs. Add to melted butter & hot vinegar. Cook over boiling water or low heat until thick, cool thoroughly and combine with whipped cream. Mix with potatoes.

The reason this was called quilters salad was because Grandma always served it to the ladies who came to quilt or sew carpet rags.
TOMATO BISQUE

Martha Griffiths

1 quart milk, in double boiler
1 rounding tablespoonful butter
1 rounding tablespoonful flour
2 teaspoonfuls salt

Rub butter and flour together, add to milk. ½ can tomatoes, stewed a few
minutes and rubbed through a coarse sieve—not the seeds—add seasoning to the
tomatoes—not the milk.

Seasoning:

1 teaspoonful sugar
1 teaspoonful onion extract
2 teaspoonfuls salt
Paprika

Add tomatoes to milk, but not until you are ready to serve; beat well with egg
beater. Serve with bread sticks

(Add tomatoes to milk, not the milk to tomatoes; use no soda).

RAW POTATO PANCAKES

Martha Griffiths

1 quart grated raw potatoes
3 eggs, well beaten

3 tablespoonfuls flour
1 teaspoonful salt

Mix thoroughly and bake like other pancakes with plenty of fat on griddle; half
butter and half lard well mixed is best to use.

VEGETABLE COOKERY

4 medium-size sweet potatoes
3 medium-size apples
1 teaspoon of salt

½ cupful of brown sugar
1 cupful of water
4 tablespoons of butter

Partially cook sweet potatoes and dice. Pare, core, and cut apples in cubes.
Grease a casserole, and place in it alternate layers of sweet potato sprinkled with
salt, and layers of apple. Pour over them a syrup made by cooking the brown
sugar and water; dot with butter. Bake covered for 30 minutes in a hot oven
(400 degrees). If desired, the top may be garnished with marshmallow and return
to the oven to brown.

This was my great grandmother’s and we still use it.
LADIES CABBAGE

Ruth Brown

Boil a firm white cabbage fifteen minutes, changing water for more from the boiling teakettle. When tender, drain and set aside until perfectly cold. Chop fine and add two beaten eggs, a tablespoon of butter, pepper, salt, three tablespoons of rich milk or cream. Stir all together and bake in a buttered pudding dish until brown. Serve very hot. This dish resembles cauliflower and is very digestible and palatable.

"MAIN DISH BAKED SAUERKRAUT"

Mrs. Worthy Harris

1 quart sauerkraut (chopped) 3/4 cup milk
1/2 pound sausage 1 cup cooked potatoes (diced)
1 cup bread crumbs (biscuit)

Fry sausage until brown. Mix all together. Place in greased pan. Sprinkle 1/2 cup cracker crumbs on top. Bake at 400° for 45 minutes.

BAKED STUFFED TOMATOES

Take rather large, regularly shaped fruit, cut a small slice from the blossom end and scrape out all the soft part. Mix this with stale bread crumbs, butter, pepper and salt, some parsley and a little chopped onion. Fill the tomatoes carefully; set them in a dish with a little butter in it. Let them bake three-quarters of an hour in a moderately hot oven, watching that they do not burn or become dry.

FRIED GREEN TOMATOES

Take large green tomatoes and cut in slices one-half inch thick, rejecting the first and last slice; roll them in flour and slowly fry brown in plenty of butter. Sprinkle pepper and salt over them. Some like a little sugar; serve on a hot dish. Nice for an entree or garnish for meats. The dish resembles egg plant. Scald the sliced tomatoes in salt water before frying.

WILTED DANDELION GREENS

Cornelia Black

2 quarts dandelion greens 1/4 cup milk vinegar
4 tablespoons bacon fat 1 teaspoon salt

Wash the greens thoroughly and cut into small pieces. Heat the bacon fat, vinegar and salt in skillet, add the greens. Cover and cook at moderate heat until the greens are wilted. Serve at once.
POTATOES FOR EACH DAY OF THE WEEK

On Sunday, peel, steam and mash; add milk, butter, salt, and then steam and beat up like cake batter until nice and light; the longer the better.

Monday, baked potatoes in the skins; be sure to take up when done, or they will be wrinkled and watery; if not served immediately, do them up in a napkin and tie close to keep hot.

Tuesday, peel them and bake with roast beef, cooking them under the meat.

Wednesday prepare in Kentucky style.

Thursday, peel, steam and serve whole.

Friday, peel, cut in thin slices lengthwise, sprinkle with pepper and salt, fry on a griddle greased with butter or beef drippings, and turn like pancakes.

Saturday, potatoes boiled in their jackets.

HUNTERS CHEESE CREAMED ONIONS

2½ pound onions            3/4 teaspoon salt
3 cups milk                pepper
8 tablespoons flour         4 drops Worcestershire sauce
6 tablespoons butter       ¼ pound nippy grated cheese

Puddings
Contents

Sweet Soup 39
Fruit Soup 39
Bachelor's Pudding 40
Boiled Currant Pudding 40
Boiled Cherry Pudding 40
Bread Pudding 41
Steamed Bread Pudding 41
Duff 42
Carrot Pudding 42
Apple Batter Pudding 43
Graham Pudding 43
Washington Pudding 43
Raspberry Steamed Pudding 44
Grandma's Collage Pudding 44
Christmas Pudding 44
Mother's Puff Pudding 45
Hot Apple Pudding 45
Prune Pudding 46
English Plum Pudding 46
Plum Pudding 46
Plum Pudding 47
Mother's Plum Pudding 47
Rice Pudding 48
Rice Custard Pudding 48
Slip 49
Truffle 49
Cloth Bag Suet Pudding 50
Suet Pudding 50
Grandmother's Red Mush 51
Date Pudding 51
Grandma Mary's Apple Pudding 51
English Plum Pudding 52
Crumb Pudding 52
SWEET SOUP

Debra Packer

This recipe came from the pioneers who crossed the plains with the Handcart Company.

One quart fruit juice after fruit has been drained and used. (Black caps, raspberries, dewberries and cherries are favorites).

Boil the juice. Add pinch of salt and dissolve three tablespoons of cornstarch in three-fourths cup cold water. Add a little hot liquid to corn starch. Mix and beat until smooth. Add to juice and bring to boil, stirring constantly until thick and smooth. Cool and serve.

SWEET SOUP
(Grandma Buchanan's)

Gwen Biddulph

"Dad called it confinement soup because grandma always took a quart to every new mother in town."

1 cup raisins
1 cup prunes
1/3 cup sugar
3 cups water

3 tablespoons quick cooking tapioca
1/4 teaspoon salt
About 3 or 4 cinnamon sticks

Mix all ingredients and cook slowly, covered until fruits are tender, about 30 or 40 minutes. Add 1/4 cup lemon juice or juice to taste. Serve hot or chilled. Grandma served as a dessert or an afternoon snack break. I serve it as an appetizer.

FRUIT SOUP

Ida Harmon

2 cups mixed dried fruit (12 oz. pkg) such as currants, raisins, prunes, pears, apricots, peaches, apples
3 cups water (juice may be used) 1/4 teaspoons salt
1/2 lemon, sliced 1/2 to 2/3 cup sugar
1 tablespoon Tapioca 1 stick cinnamon

Mix ingredients and cook, covered, until fruits are tender (about 30-40 min.)
Serve hot or cold. 4 servings.
BACHELOR’S PUDDING

Puddings were the most common dessert among the Mormon pioneers, probably because they were easily made and used few ingredients. This pudding is one of the simplest steamed puddings and was described as being “easy on even delicate digestions.” Generous apple orchards undoubtedly inspired the frequent use of apples in recipes.

2 cups chopped cooking apples
2 cups soft bread crumbs
1 cup dried currants or raisins
½ cup sugar

Dash grated nutmeg
1 egg
1 teaspoon grated lemon rind
1½ tablespoon butter

Combine apples, crumbs, raisins, or currants, sugar, and lemon peel. Add beaten egg, melted butter, and nutmeg, and stir until blended. Spoon into greased mold and steam for 2 hours. Serve with cream or favorite sauce. Makes 8-10 servings.

BOILED CURRANT PUDDING

Sarah Marble
Brigham City, Utah

Five cupfuls of sifted flour in which two teaspoonsful of baking powder have been sifted, one-half a cup of chopped suet, half a pound of currants, milk, a pinch of salt. Wash the currants, dry them thoroughly, and pick away any stocks or grit. Chop the suet finely; mix all the ingredients together and moisten with sufficient to make the pudding into a stiff batter; tie it up in a floured cloth, put it into boiling water and boil for three hours and a half. Serve with sweetened milk.

BOILED CHERRY PUDDING

Colleen Stokes Hamson
Brigham City, Utah

Put into large bowl:

2 cups flour
½ cup sugar

2 teaspoons baking powder
½ teaspoon salt
½ cup shortening

Mix with hands until shortening is blended into flour well.

Add:

1 cup pitted and drained sour cherries
1 teaspoon vanilla

Add enough water to make a stiff dough – about ½ cup. Tie lightly in cloth bag and put in a large kettle of water and boil 2 hours. Serve cold with milk sweetened with sugar and cinnamon.
BREAD PUDDING

Helen Wamsley

2 eggs
½ teaspoon salt
½ cup sugar

2 cups bread cubes (soft stale bread)
or bread crumbs
1 teaspoon vanilla or nutmeg
1 pint milk

Beat eggs only until mixed, add sugar, salt and flavoring. Scald milk and pour over bread crumbs when well soaked combine mixtures and pour into greased baking dish. Bake in slow oven. Test as for custard. Raisins may be added to this pudding if desired.

Serve with thin cream or top milk sweetened and flavored with vanilla.

ECONOMICAL STEAMED BREAD PUDDING

Emily Riggs MacDonald
Iron County

2 cups bread crumbs
6 tablespoons sugar (skimp)
1 cup raisins
2 teaspoons cocoa
2 cup cold water

4 tablespoons melted butter
2 tablespoons flour
2 teaspoons soda
1 teaspoon allspice

Combine ingredients. Steam in top of double-boiler approximately 3 hours. Serve with dip.

DIP

1 cup sugar
2 tablespoons butter
pinch of salt
½ teaspoon lemon extract

1 quart milk
3 tablespoons cornstarch (heaping)
1 teaspoon vanilla
1 teaspoon nutmeg

All ingredients in saucepan over medium heat, except butter. Dissolve cornstarch in 1 cup of the milk (saving out of original 1 quart). Stir until slightly thickened. Add vanilla, lemon and nutmeg. Remove from stove and add butter. Serve warm with steamed pudding.
DUFF (An Old Fashioned Dessert)

Lesha Montgomery
Liberty, Utah

2 cups grape juice
½ cup sugar
2 tablespoons corn starch

Add sugar to juice, and bring to a boil, then add corn starch to thicken.

This recipe is an old, old dessert recipe that has been in the family for generations. It is called “duff”. It can be made from any kind of fruit juice the family has on hand. It is often made from plum juice and called “Plum Duff”. My Great Grandmother Clark’s favorite dish of duff was cherry flavor. It can also be made by the flavors of strawberry, apples, raspberry, blueberry, apricot, etc. I made it today with home bottled grape juice. It is usually served following a meal and served with sweetened whipped cream.

CARROT PUDDING

Karen Palmer
Orderville, Utah

1 cup carrots (shredded) 1 teaspoon cinnamon
1 cup potatoes (shredded) 1 teaspoon nutmeg
1 cup sugar ½ teaspoon cloves
½ cup butter ½ teaspoon salt
1 cup raisins 1 teaspoon soda
1 cup nuts

Enough flour for a fairly stiff batter
Steam for 3 or 4 hours.
(An old family recipe originating in Ireland)

CARROT PUDDING

Margaret Jane Steed Hess

2 cups bread crumbs 1 cup grated raw potatoes
1 cup sugar 1 egg
1 cup grated raw carrots 1 teaspoon vanilla
1 cup suet ½ teaspoon cinnamon
1 cup flour ¾ teaspoon allspice
¼ cup honey 1 cup dates (chopped)
1 cup raisins ¾ cup fruit juice

Mix well and steam 1½ hours. Serve hot with sauce and whipped cream.
APPLE BATTER PUDDING
Oreta Rich Berghout
Midvale, Utah

Over cooked apples, sprinkle sugar and nutmeg, then the following batter:

1 1/2 teaspoons baking powder
1 cup thin cream
salt
2 tablespoons sugar
Flour enough to make a batter like cake batter.

(My Grandmother Keetch used this recipe and it was the best!)

GRAHAM PUDDING
Marden Broadbent

1/2 teaspoon soda 1/2 cup milk
1/2 teaspoon salt 1/4 pound butter
1/2 teaspoon cinnamon 1 1/2 cup graham flour
1/4 teaspoon cloves 1 teaspoon baking powder
1 cup raisins 1 egg
1/2 cup molasses

Soften butter, add molasses, milk and egg (well beaten) Add dry ingredients. Steam 2 1/2 hours. Walnuts can be added if desired.

SAUCE

1 square butter or margarine Cook until clear
2 heaping tablespoons white flour Add dash of salt
2 cups brown sugar 1/4 teaspoon nutmeg
cream together — well 1 teaspoon rum flavoring
Add 2 cups hot water

Brought to Spanish Fork by pioneer Mary Johanna Beckstrom Nielsen widely used in the area for Thanksgiving and other festive occasions.

EMILY FOSS’ WASHINGTON PUDDING
Clara Richards

3 tablespoons butter 1 1/2 cups flour
1/2 cup molasses 1/2 teaspoon soda
1/2 cup milk 1 teaspoon cinnamon
1 egg (well beaten) 1/2 teaspoon cloves
1 teaspoon salt 1/2 teaspoon mace
1 cup raisins 1 cup nuts

Cream butter, add molasses, milk, eggs; then add dry ingredients to flour and mix all together. Steam in individual cups or a bucket about 2 hours.

DIP FOR SIX:

1 cup sugar caramelized to golden brown. Add 1 cup water and mix; then add 3 more cups water, butter 1/2 size of an egg, 1 tablespoon vinegar, 2 tablespoon corn starch for thickening. Add vanilla and rum flavor.
RASPBERRY STEAMED PUDDING
Jeri Winger

½ cup sugar
2 tablespoons butter
1 egg
1 cup milk
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1 cup fresh raspberries

Mix all ingredients together as for muffins, reserving raspberries until last stir. Fold in fruit as lightly as possible. Steam for 2 hours in greased 1-quart pudding mold.

SAUCE:

2 cups powdered sugar
½ cup butter
1 egg white, beaten stiff
1 cup raspberries

Combine ingredients; beat until creamy. Yield: 8 servings.

This recipe has been used in our family for four generations. It is the nearest thing to pure joy that one can find during raspberry season.

GRANDMA’S COLLAGE PUDDING

1 quart milk, warm
3/4 cup flour
1 cup sugar (small)
nutmeg
4 eggs
½ teaspoon salt
½ cup drippings

Put drippings in baking dripper pan. Beat eggs (slightly); add flour and salt. Add milk and nutmeg. Bake about 5 minutes in hot oven then reduce temperature. Bake until firm, then sprinkle top with sugar. Allow to cool. Cut in squares; serve.

CHRISTMAS PUDDING
Wilma Goodrich Miller

1 cup grated carrots
2 cups bread crumbs soaked in
1 cup milk
½ cup white sugar
½ cup brown sugar
3 tablespoons honey
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
1 teaspoon baking powder
2 cups suet (grated)
1½ cup flour (3/4 cup white and 3/4 cup wheat)
1 cup chopped nuts
½ pound citron (grind)
1 cup chopped apples
2 eggs beaten
1 teaspoon salt
1 teaspoon soda

Mix well and steam in two cans for 3 hours. Serve with your favorite sauce.
MOTHER'S PUFF PUDDING

Heidi Harris
Huntsville, Utah

1 pint flour
2 teaspoon baking powder
1 teaspoon salt
1 pint fresh fruit
milk to make soft batter

Sift flour, baking powder, and salt together. Add milk gradually till it will almost drop. Then have ready 1 pint fresh fruit. Red raspberry, black raspberry, peaches and apricots will do nicely. Grease 6 cups thoroughly. Drop a tablespoon of batter into a cup. Add a heaping spoon of fruit, and cover with spoonful of batter. Cook in a steamer for 20 minutes without covering. Serve with hot fruit sauce.

SAUCE

1 cup sugar, maple or brown
½ cup butter
1 or 2 eggs
1 cup milk, if one egg is used, use 3/4 cup
1 cup berries & fruit

A little of fruit cut fine, cream butter and sugar. Add beaten eggs, stir well. Add milk, then berries and fruit juice. Pour into pitcher that will fit into the top of kettle or heat in a double boiler. Stir frequently till hot and well blended.

This recipe was found in a cook book that my Great Grandmother Phillips used with her first coal range, when she was first married.

HOT APPLE PUDDING

Jack Simpson
Hooper, Utah

½ cup shortening
2 cups flour
2 cups sugar
2 teaspoons baking soda
2 eggs
2 teaspoons cinnamon
4 cups finely grated apples
2 teaspoons nutmeg
½ cup chopped nuts
1 teaspoon salt

Cream shortening, sugar, eggs, and apples together. Sift dry ingredients together several times, and add to creamed mixture. Mix well and pour into a dripper pan. Sprinkle nuts on top and bake at 350°F. for 45 to 50 min.

Serve warm or cold with whipped cream or lemon-orange sauce (Pie-filling mix). Add more water if thinner sauce is desired. Can also be served warm with vanilla ice cream.
PRUNE PUDDING

1 cup cooked, chopped prunes (pits removed) 1 cup chopped nuts
1 cup milk or prune juice 1 tablespoon vanilla
1 tablespoon butter 3 crackers (rolled fine)
1 tablespoon baking powder or 1/3 cup dried bread crumbs
Pinch of salt

Mix all ingredients, pour into a buttered baking dish, place in pan of hot water and bake in moderate oven 20 min. When cold, serve with whipped cream and a few nuts.

ENGLISH PLUM PUDDING
Arta Hansen
Beaver Dam, Utah

1 pound suet, chopped fine 2 teaspoons cinnamon
1 pound raisins 1 teaspoon cloves
1 pound currants 1 teaspoon nutmeg
1 pound flour 1 teaspoon baking soda
1/2 pound brown sugar 6 eggs, beaten
1/2 pound citron, chopped Brandy (optional)

Mix all together. It’s a stiff batter. Tie in a clean cloth. Put in boiling water and boil for 4 hours. Pour brandy over hot pudding and light.

Pudding Sauce:
1/2 pound soft butter
3/4 pound sugar
1 beaten egg with juice and rind of a lemon and stir them up.

When you are ready to serve, add a pint of boiling water and serve.

PLUM PUDDING
Sue Hill
Woods Cross, Utah

2-3 cups suet 2 teaspoons allspice
21/4 cups sugar 2 teaspoon salt
2 cups flour 1/2 teaspoon mace
1 cup raisins 3 eggs
2 cups currants 1 teaspoon soda dissolved in 1/2 cup
2 cups saltine cracker crumbs warm water
2 cups milk Candied fruit, citron, and nuts as desired

1. Mix all together and put into cheese cloth bag (presoak bag in boiling water before filling).
2. Tie securely. Boil 5-6 hours.
3. Serve with rum, lemon or vanilla sauce.

Sauce: 1 quart water
Juice of one lemon and 1 teaspoon rind, or 1 teaspoon rum flavoring, nutmeg or vanilla
1 cup sugar
4 tablespoons flour
PLUM PUDDING

2 cups bread crumbs
2 cups suet, add
2½ cups flour sifted with
1 teaspoon salt
¼ teaspoon cloves
¼ teaspoon nutmeg
2 teaspoons cinnamon
2 teaspoons soda
2 scant teaspoons baking powder
Add
2 cups ground or grated carrots
1½ cups sugar

Add:
½ cup pecans
½ cup glazed cut up candied
fruit mix
1 cup cut up dates
1 cup small gum drops
1 cup cut up figs (can use seedless
raisins)
2 eggs beaten
about 1 and 1/3 cups liquid, water
or wine enough to moisten above
mixture

Fill 1 pound cans with lids 2/3 full. LINE CANS WITH WAX PAPER

There is enough for 4 one-pound coffee cans. I fill 9 Hershey Chocolate syrup
cans with plastic lids. I steam puddings in water pack canner, add boiling water
halfway up the cans. Put cans on rack and steam 3 ½ hours. Store in refrigerator
or freeze. To serve, heat pudding in cans in small steamer. I use a small pressure
cooker with a cup of water. Put pudding on a rack at 15 pounds pressure for
5-10 minutes. Remove pudding from can. Take off wax paper.

PUDDING SAUCE

1 tablespoon butter
2 tablespoons flour
1 teaspoon vanilla or rum flavoring

2 cups boiling water
¼ cup sugar

Melt the butter, add flour and stir until it bubbles; add the boiling water and
sugar. Boil until smooth and thoroughly cooked. Add flavoring, strain and serve
hot.

Can soak sugar cubes in lemon flavoring and light with a match for a flaming,
festive touch.

MOTHER’S PLUM PUDDING

Helen Thackeray

2 cups flour
2 cups suet
½ cup sugar
½ cup molasses
milk

1 teaspoon nutmeg
lemon peel
1 egg, beaten
1 package raisins and some nuts
1 tablespoon baking powder

Mix dry ingredients, then add egg, molasses and milk enough to make real stiff
batter. Put in tight sack and boil in water, being well covered with water. Boil
from 1½ to 2 hours.
RICE PUDDING

Helen Thackeray

3 1/2 cups milk, scalded 1/2 teaspoon salt
1/4 cup uncooked rice 1 teaspoon vanilla
1/2 cup sugar 1/4 teaspoon nutmeg

Combine all ingredients in a one quart casserole. Bake at 325° for two hours. Stir every thirty minutes. Don't stir last thirty minutes.

(1 1/4 hours time & oven temp. need checking)

RICE PUDDING

Emily Riggs MacDonald

4 cups milk 1 cup sugar
1 cup cooked rice 3 eggs separated
3 tablespoons cornstarch (heaping) 1 teaspoon vanilla
pinch salt 1/2 teaspoon lemon extract

Heat 3 cups milk (reserving one cup to use with egg-yolks and cornstarch). Add sugar, rice, and seasonings. Separate eggs putting 3 egg yolks into bowl with cornstarch and milk. (To save washing egg-beater twice, do the following:) Beat 3 egg whites with 1/2 cup sugar, pinch cream of tartar, pinch salt until meringue stands up firmly when egg-beater is lifted, use the egg-beater with a little of the meringue still on it and beat the mixture of egg yolks, milk, and cornstarch. Add this mixture to the hot milk and seasonings stirring until slightly thickened on top of stove. Set oven at 325° remove custard from stove, place in large casserole, top with meringue by spoonful and bake in oven until meringue is brown on top. Serves 12

RICE CUSTARD PUDDING

Mrs. Byron Alder
Logan, Utah

4 cups milk 1 1/2 cups cooked rice
2/3 cup sugar raisins
6 eggs 2 slices of buttered toast
2 teaspoons vanilla cinnamon and nutmeg
a few drops almond or lemon extract

Scald the milk, add the sugar. Beat the eggs and add gradually to the milk. Add the flavorings, rice and raisins and pour into a baking dish. Put the toast on top. Sprinkle with nutmeg and cinnamon. Bake in a pan of water at 325° until a knife inserted near the center comes out clean.
SLIP

Sarah Marble
Brigham City

Slip is a bonny-clabber without its acidity, and so delicate is its flavor that many persons like it just as well as ice cream. It is prepared thus: Make a quart of milk moderately warm; then stir into it one large spoonful of the preparation called rennet. Set it aside, and when cool again it will be as stiff as jelly. It should be made only a few hours before it is to be used, or it will be tough and watery. In Summer, set the dish on ice after it has jelled. It must be served with powdered sugar, nutmeg and cream.

This recipe was in the White House Cookbook. First published in 1887. Last published in 1913 by F. L. Gillette. The presidents' wives used these recipes.

TRUFFLE

Chris Papageorge
Farr West, Utah

Canned peaches, drained. Yellow cake, day old, cut in small pieces or crumbs.

Custard, made as below
3 oz. package red gelatin dessert — thickened

Combine 4 cups milk, 1/2 cup sugar and 1/3 cup cornstarch in a saucepan and cook until it comes to a boil. Slowly stir half of it into 8 beaten egg yolks. Return egg mixture to saucepan, stirring constantly and cook for a minute or so. Custard will not be very thick.

In a deep bowl, layer the peaches, then the cake crumbs. Over this pour the hot custard. Cool thoroughly in refrigerator. When cold, pour the red gelatin over the top. Keep refrigerated.

When my grandfather and grandmother were married 45 years ago, the recipe for "Truffle" was given to her and has remained a favorite.

My father is of Greek heritage and our meals at home are more to that way of cooking, but when I made "Truffle" for him, he thought it was very good. This big recipe didn't last long in the refrigerator.
CLOTH BAG SUET PUDDING

Mrs. Vonda Corgiat
Huntington, Utah

1 cup sugar
½ teaspoon salt
1 cup finely chopped suet
1 teaspoon nutmeg
milk. Nuts, raisins if desired

Mix all ingredients together, add enough milk to make a stiff batter. Sprinkle empty sugar bag with flour, put in pudding and tie tightly with string. In a large size kettle set a plate, fill kettle half full of boiling water and set in the pudding on the plate. Cover with lid, boil 1½ hours. Serve with any pudding sauce desired.

SUET PUDDING
(Spotted Dog)

Maud Langston
Hurricane, Utah

Chop fine ½ cup suet (1 cup if wanted rich)
1 cup raisins
1 cup sugar
4 cups flour
1 teaspoon cream of tartar
1 teaspoon soda mixed in 2 cups buttermilk
½ teaspoon salt
Cover tight and steam or boil 2 hours. Leave room for it to swell.

SUET PUDDING

Lenora Merrill Olson
Smithfield, Utah

1 cup finely chopped suet
1 cup molasses
1 cup milk
3 cups flour
1 teaspoon soda
1½ teaspoons salt
½ teaspoon ginger
½ teaspoon cloves
½ teaspoon nutmeg
1 teaspoon cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Turn into buttered mold, cover, and steam 3 hours. Serve hot with pudding sauce (Raisins and currants may be added, if desired).

Vinegar sauce – 1 quart water, 2 cups sugar, boil – Thicken with cornstarch or flour. Add 2 tablespoons of vinegar.
GRANDMOTHER’S RED MUSH

Wanda Morley
Moroni, Utah

Cook cleaned and unpeeled rhubarb in water until tender. Either mash or strain off juice. I prefer the juice. Measure 2¾ cups juice into saucepan add ¼ cup tapioca, stir and let stand 5 minutes.

Add ¾ to 1 cup sugar
1 teaspoon red food coloring.
Bring to a boil and let boil 1 minute, stirring constantly. Remove and cool 20 minutes stirring often.

Serve warm or cold with light cream.

DATE PUDDING (Crumble)

Arta Hansen

2/3 cup sugar ½ cup milk
2 eggs, beaten separately 1 cup chopped nuts
3 tablespoons melted butter 2/3 cup bread crumbs
1 cup chopped dates 1 teaspoon vanilla
1 teaspoon baking powder

Beat whites and yolks of eggs separately. Combine sugar, milk, baking powder, bread crumbs, nuts, dates with beaten egg yolks. Fold in beaten egg whites. Bake in slow oven.

GRANDMA MARY’S APPLE PUDDING

Iva N. Barker

2/3 cup sugar ¼ cup chopped nuts
1/3 cup flour 1 egg
½ teaspoon baking powder 1 teaspoon vanilla
1/8 teaspoon salt 2 cups grated winesap apples

Sift dry ingredients together two or three times. Add well beaten egg, vanilla, chopped nuts and grated apple. Turn into a well buttered baking dish and spread out evenly. Bake 30 minutes at 375°F. Serve warm with top milk or cream. Serves 4 to 6.
ENGLISH PLUM PUDDING

Marjorie Ekker

3 cups flour
pinch salt
3 teaspoons baking powder
1 teaspoon allspice—heaped
1 teaspoon cinnamon—heaped
1 cup sugar
½ cup molasses
1½ packages raisins
3 cups suet (ground fine)
3 beaten eggs
milk enough to mix
½ cup walnuts, dates, currants or citrus fruit can be added

Sift flour, baking powder, salt and spices and sugar into large bowl. Put in raisins, (dates etc.) suet and nuts. Mix well. In center put molasses, beaten eggs and ½ cup milk. Mix till all is moist. Put in containers or cheese-cloth sack and steam 3 hours.

Harriet Ekker’s recipe. She settled west of Eureka, Utah, (50 miles) with her husband, Albert Ekker, on a 160 acre of land (homestead) in 1886. Their transportation was horse and wagon. Indians were all around and Albert and Harriet befriended them. They came to Harriet with injuries; one Indian brought his son who had a stick of wood in his cheek. His horse had thrown him. Because of her kindness in doctoring them, they called her Wyno Squaw which meant Good Squaw.

One day Albert was cutting posts. He stopped to rest—there stood an Indian with his arms folded. Albert hadn’t heard him nor did he know how long the Indian had been standing there watching him. He said, “Did you come out of the ground?” This made the Indian laugh. He told Albert he was tracking buck deer.

Many holiday meals had Harriet’s plum pudding included. I watched Mother Ekker make the pudding and copied the recipe.

CRUMB PUDDING

Catherine Barney

1½ cups dry bread crumbs
1 cup brown sugar
1 cup raisins or dates
½ teaspoon cinnamon
¼ teaspoon nutmeg
1/2 teaspoon baking powder
1/2 teaspoon soda
1 cup milk

Mix well; pour into greased pan and steam 1 hour.
Cakes
Contents

Boiled Raisin Cake 55
Old English Fruit Cake 56
Fruit Cake 56
Wedding Cake 57
Poor Man's Fruit Cake 57
Heavenly Frosting 58
Molasses Cake 58
Sourdough Chocolate Cake 58
Spice Honey Cake 59
Honey Icing 59
Scotch Short Cake 59
Old Fashioned Pork Cake 59
Dried Apple Cake 60
Chocolate Kraut Cake 60
Northwestern Cake & Filling 60
Grandma's Sheep Wagon Cake 61
Orange Cake 61
Norwegian Apple Cake 62
Yeast Dough Cake 62
Raisin Cake 62
BOILED RAISIN CAKE

Ann Patten

This milkless, eggless, butterless cake became popular after the great stock market crash of 1929. It’s often called Depression Cake.

2 cups sugar
2 cups strong coffee
½ cup shortening
2 cups raisins
1 grated raw apple
2 cups flour
1 teaspoon baking soda
2 teaspoons baking powder
1 cup chopped nuts
1 teaspoon each cinnamon, allspice, cloves and nutmeg

Boil the first five ingredients for ten minutes. Cool and add flour, baking soda, baking powder, spices and nuts. Pour batter into well greased and floured 2-quart bundt pan. Bake at 350° 1 hour or until toothpick inserted in center comes out clean. Cool in pan 5 minutes, turn out onto rack to cool. Dust with powdered sugar, if desired.

NOTE: 2 cups water may be substituted for the coffee. Diced-candied fruit may be added for an easy fruit cake.

BOILED RAISIN CAKE

Jeannine Farr
West Weber, Utah

2 cups sugar
2 cups water
2 tablespoons shortening
1 pound raisins

Boil together for 5 minutes. When cool add:

1 teaspoon soda
½ teaspoon salt
2 eggs
1 teaspoon cloves
1 teaspoon cinnamon
3 cups flour

Place in loaf tins – Bake at 350° F. for 1 hour.

This was my grandmothers recipe probably given her by her mother. They used to put any kind of dried fruit, berries, or nuts they had in it. At Christmas time it was fancied up for the Christmas fruit cake. It improves with age, the longer its stored the better.

55
GRANDMA'S OLD ENGLISH FRUIT CAKE

Susan Wilde
Ogden, Utah

2 cups sugar
½ cup butter
3 eggs
5 cups flour
1 teaspoon salt
2 teaspoons vanilla
1 pound currants
1 pound raisins (seeded or cooked seedless)
2 pounds candied citrus peel

½ pound walnuts (chopped)
1 teaspoon cloves
1 teaspoon nutmeg
1½ teaspoons cinnamon
1½ teaspoons allspice
1½ cups milk
1 teaspoon soda
2 tablespoons hot water
½ cup molasses

Cream sugar and butter. Add eggs, vanilla, and milk. Beat. Sift 3 cups flour with spices and salt. Combine the dried fruit, nuts and remaining cups flour. Add dry ingredients to liquid mixture and beat. Add batter to fruit and nuts. Mix thoroughly. Dissolve soda in hot water and add molasses. Stir until mixture foams, then pour over batter. Mix well. Bake in lined loaf pans at 275° F. for 1¼ to 2 hours. Place pan of water in oven while baking. These cakes store well and improve with age. Makes 4 standard size loaf cakes.

Over the rough waters of the ocean, through the desolate plains, and across the rugged mountains, Harriett brought her mother's favorite recipe to be shared later by her family and their future generations. As far back as any of our family can remember this recipe has always been known as GRANDMA'S FAVORITE OLD ENGLISH FRUIT CAKE.

This recipe is indeed a "Grandma's Pantry" favorite. We have been able to trace it back 180 years to my great, great, great grandmother. We have no idea how many years or generations before that time, that the recipe might have originated.

FRUIT CAKE

Mrs. Elva Stark
Salt Lake City, Utah

Cream together 1½ cups sugar with 1 cup butter. Sift together 2 cups regular unaltered flour with ½ teaspoon cloves, 2 teaspoons cinnamon and add alternately with 1 cup sour milk with 1 teaspoon soda added. (Can sour milk by putting 1 tablespoon vinegar into cup. Fill cup with sweet milk. Let stand a few minutes.) Add 3 eggs. Separate eggs, beat yolks and add, then fold in stiffly beaten egg whites. Put 1 pound pitted whole dates in a brown sack with ½ cup flour. ½ pound pecans, ½ pound Brazil nuts and shake well, then fold into cake batter. Add ½ pound whole candied cherries, ½ pound candied sliced pineapple quartered. Line 3 small bread tins, approximately 8½ x 4½ x 3 inches with wax paper. Bake 1½ hours at 300°. Turn cakes out on rack, take off wax paper, glaze with warm honey brushed on top, decorate tops with candied cherries and blanched half almonds. When cool, wrap in saran wrap and then aluminum foil. Can freeze.
WEDDING CAKE
As printed in 1798
Maxine Sisson
Brigham City, Utah

"1 pound each of loaf sugar, pounded and sifted; of butter washed three times and dried in a towel; and of dried and sifted flour.

"12 eggs, the whites and yolks beaten separately. One pound each of currants, washed in three waters, then dried in a sieve; of best layer of raisins, seeded and chopped, and of citron; cut into strips with a pair of short scissors; 2 teaspoons of nutmeg and of pounded cloves; 1 tablespoon cinnamon and a glass of best French brandy. (1 oz. = 2 tablespoons)

"Stir butter and sugar to a cream, beat in the yolks, whipped smooth and strained and beat steadily ten minutes. Then add a handful at a time half of the flour. Next the spices and 1 tsp. salt by turns with the other half of the flour, mixed with fruit. Mix with a few quick strokes always beating upward and in the same directions; finally stir in the brandy and fold in egg whites.

"This will make one very large loaf or two of fair size. Line a deep tin mold with white paper well buttered, and bake covered for the first hour. Remove the paper covering them, and bake steadily for another hour. Take off the paper quickly and shut the oven door gently not to jar the cake. To shake it would make streaky.

"Mem: The fruit must be dredged well with flour before it goes into the batter.

"N. B.: This cake if properly made will keep for years if wrapped in silverpaper and put into a box with a tight lid."

I would like to submit this recipe for a "Wedding Cake" as printed in 1798. My grandmother Alma Hillstrom Burrell brought it with her to the United States from Stockholm, Sweden, when she was 15 years old. It had been in her family for many years and handed down to different members of her family.

POOR MAN'S FRUIT CAKE
Kathy George
Bountiful, Utah
Recipe from her great-grandmother

1 pound raisins 1 cup shortening
1 package dates or apples 1 tablespoon cocoa
2 cups sugar
Spice to taste: 1 teaspoon cinnamon
1 teaspoon allspice
½ teaspoon cloves
Mix the above ingredients and simmer for 10 minutes.
Then add: 1 quart flour
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
1 cup nuts
Bake about one hour at 375°.
HEAVENLY FROSTING
Vivian Wright
Woods Cross, Utah

1 cup milk
5 tablespoons flour

2 tablespoons butter or margarine
1 cup sugar
1 teaspoon vanilla

Stir and bring to boil. Make thick paste
Beat until creamy

Cool, and combine, use mixer (texture of whipped cream). Can vary flavoring.
For brownies, divide one-half recipe; add mint flavoring and green food coloring.
Add chocolate to other half.

MOLASSES CAKE
Roanna Robinson
Huntsville, Utah

1 cup sugar
shortening size of egg
1 egg
1/2 cup molasses
1 teaspoon soda
1 cup cold coffee

1/2 teaspoon ginger or cloves
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/2 teaspoon salt
1 1/2 cups flour (approximately)

Mix together sugar and shortening. Add egg. Mix well. Mix together the
molasses, soda and cold coffee. Combine dry ingredients. Add molasses mixture
and dry ingredients to sugar-shortening mixture. Mix well. Bake at 350°F. for 35
minutes or until done.

Serve with the following lemon sauce:
1/4 cup sugar
1 1/2 tablespoons corn starch
1 1/2 cups hot water

1/4 cup lemon rind grated
2 tablespoons lemon juice
1 1/2 tablespoons butter

Combine sugar and cornstarch. Add water very slowly, stirring constantly. Add
lemon rind and cook in double boiler until thickened. Add lemon juice and butter.

SOURDOUGH CHOCOLATE CAKE
Wendy Woods
Ogden, Utah

2/3 cup shortening
1 2/3 cup sugar
3 eggs
1 cup sourdough start
3/4 cup water
1 teaspoon vanilla

1 3/4 cup flour
2/3 cup cocoa
1/2 teaspoon baking powder
1 1/2 teaspoons soda
1 teaspoon salt

Cream together shortening and sugar. Add one egg at a time beating well after
each. Blend in sourdough start. Sift together flour, cocoa, baking powder, soda
and salt. Add alternately with water and vanilla. Mix at low speed after each
additive. Pour into two nine-inch layer pans, greased and floured. Bake at
350°F. for 35 minutes.
SPICE HONEY CAKE

Eunice Nielson
Lynndyl, Utah

1 cup honey
3/4 cup fat
1/2 cup sour milk
1 teaspoon soda
1 teaspoon baking powder

3 teaspoons cinnamon
2 teaspoon cloves
1 teaspoon ginger
3 eggs
2 cups flour


HONEY ICING

1 cup honey
2 egg whites

Heat the honey in saucepan over low heat. Boil 1 minute or until it pours in a thin stream. Pour slowly into stiffly beaten egg whites, constantly beating. Beat until stiff and holds shape. Spread on cake.

SCOTCH SHORT CAKE

Bridget Hoggan Hgaard
Manti, Utah

Blend together 1 pound of butter and 1 pound pure leaf lard. Onto a mixing board sift 3 pounds of flour—1/4 pound of sugar, granulated, and 1/2 pound of powdered sugar.

Knead in the butter and lard adding a little at a time 1/2 pound more of flour. It must be worked until it is the consistency of putty. Then mold it into flat round 4 inch cakes about 1/2 inch thick. Keep the edges pressed together with fingers. Place each cake on a heavy brown paper and bake on a cookie sheet in 300° oven for 1/2 hour.

OLD FASHIONED PORK CAKE

1 pound salt pork
1 pint boiling water
3 cups brown sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
1 cup molasses
1 pound raisins
1 pound currants
8 cups flour
2 teaspoons baking soda
2 eggs

Grind salt pork in medium grinder. Add boiling water and let set on back of stove until dissolved. Add sugar, molasses, cinnamon, nutmeg, and cloves. Mix, then add eggs and baking soda. To this mixture add flour, raisins and currants. Pour into pans and bake in medium oven for 1 hour or until done.
GRANDMA ZOUTENDAM’S DRIED APPLE CAKE
Helen Wamsley

Soak 2 cups dried apples; chop fine. Add one cup molasses and boil. Cool. Add:

2 eggs
1 cup sugar
1 tablespoon butter
1 cup sour milk

₂/₃ teaspoon cinnamon
¼ teaspoon each, nutmeg and cloves
2 cups flour
1 teaspoon soda

Mix. Bake in a 9-by-13-inch pan at 350° for 45 to 50 minutes.

CHOCOLATE KRAUT CAKE
Mary Klune’s
- 68 years old

2/3 cup butter
1 ½ cups sugar
3 eggs
½ cup cocoa
1 teaspoon vanilla
2 ¼ cups all-purpose flour

1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 cup water
2/3 cup sauerkraut, rinsed well, drained and chopped coarsely

Cream butter and sugar. Beat in eggs and vanilla. Sift together dry ingredients; add alternately with water. Stir in kraut. Mix thoroughly. Bake in two greased, round pans or one large loaf pan, until done, 30 to 35 minutes. Cocoa frosting can be used, but it’s not really necessary—cake is good enough plain.

This recipe has been in the family for many years. I received it from my husbands grandmother who was one of the first settlers sent to the Big Horn Basin in Wyoming in 1894. It has been a favorite of all the family.

NORTHWESTERN CAKE AND FILLING
Necia (Mrs. Allen)
Pleasant Grove, Utah

3 cups flour
1 teaspoon cinnamon
1 teaspoon cloves
½ cup sugar

₂/₃ cup butter or shortening
2 teaspoons soda in 1 cup boiling water
1 cup molasses or honey
4 egg yolks

Add spice to flour, add shortening and 3/4 liquid. Beat until well blended, add egg yolks and remaining liquid. Bake in 4 eight inch or 3 nine inch cake pans that have been well greased and floured. 350° 35-40 min. Split each layer and put filling between

FILLING
1 cup sugar
4 tablespoons water

Boil until it reaches thread stage. Pour over beaten egg whites and beat till thick. Add 1 cup ground raisins and spread between layers and top.
GRANDMA'S SHEEP WAGON CAKE

Edna Clarke

In a medium size saucepan put:

1 1/3 cups sugar
1 1/3 cups water
1 cup raisins
1 tablespoon butter
2 large finely grated carrots
they disappear and no one ever knows
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg

Simmer this together for 5 minutes then cover and rest it for 12 hours. Why it gets tired is a mystery — (I once gave it only 3 hours and it lost something in taste).

Add:

1 cup walnuts
2 1/2 cups flour
1/2 teaspoon salt
1 teaspoon soda
2 teaspoons baking powder

Bake in an oiled tube pan 275°F. for hours. (sic)

Cool and foil wrap — it is good tasting, rich looking, moist sturdy pioneer cake. I remember grandma found it fine for every meal, including breakfast, when it is especially good warmed.

ORANGE CAKE

Myrl McAllister
Provo, Utah

1 cup sugar
1/2 cup shortening
2 eggs
2/3 cup sour milk
2 cups flour
1 teaspoon soda
1/4 teaspoon salt

Grind the rind & pulp of 1 good sized orange with 1 cup raisins. Make cake batter and add oranges and raisins to rest of ingredients.

Bake slowly 350°F for 35-45 minutes in dripper pan. When done, but while hot, pour juice of 1 orange, 1/2 cup sugar over top and let cool in pan, or ice as you would any cake.
NORwegian Apple Cake
(This was a dish my great grandma used to make)

Kristine Kay

3 tablespoons butter
3 slices whole wheat bread
whipped cream

3 tablespoons sugar
3 cups applesauce

Tear the bread into tiny pieces. Melt the butter in a skillet over medium heat, add the bread crumbs, and stir until the butter is absorbed. Add the sugar. Toss gently until the sugar disappears and the bread is crispy and brown. Individual dessert dishes are used, and a layer of bread crumbs, and a layer of applesauce can be arranged. Top with whipped cream. Serves 6.

Yeast Dough Cake

Ruth Lyman
Elda L. Adams
Wayne County

4 cups yeast dough
3 eggs
2 cups sugar
1 cup butter

1 teaspoon soda
1 package raisins
1 teaspoon spices you like

Bake in large pan 1 hour

These are recipes mother sent me in 1923, the year I was married.

Raisin Cake

Washington Co.
Hannah Wells

1 pound raisins
2 cups sugar
1 cup butter or lard
1 teaspoon allspice

1 teaspoon cloves
½ teaspoon nutmeg
2 cups hot water

Boil five minutes—then add 1 teaspoon soda while hot. Cool, and beat in 2½ cups of flour. Bake at 325° for one hour.
Desserts
Contents

Chocolate Cookies 65
Belgian Cookies 65
Lemon Cookies 65
Lemon-Ammonia Crackers 66
Raisin Cookies 66
Hermits 66
Honey Drop Cookies 67
Sugar Cookies 67
Raisin Filled Cookies 67
White Cookies 68
Bizcochitos Cookies 68
Aunt Madeleine’s Cookies 68
Molasses Drop Cookies 69
Oatmeal Cookies 69
Apple Dumplings 69
Mother’s Apple Dumplings 70
Grandma’s Gingerbread 70
Old Fashioned Gingerbread 70
Gingersnaps 71
Grandma’s Peach Cobbler 71
Peach Cobbler 71
Pears Roll 72
Jelly Roll 72
Ice Cream 72
Apricot Sherbet 73
Raised Doughnuts 73
Grandmother’s Doughnuts 73
Buttermilk Doughnuts 74
Grandma’s Doughnuts 74
Buns 74
Grandma’s Cinnamon Buns 75
Boiled Fruit Dumplings 75
Mincemeat 76
Bullberry Dumplings 77
Green Tomato Mincemeat 77
Mincemeat 77
Rhubarb Pie 78
Vinegar Pie 78
Currant Pie 78
Pastry Ramkins 79
101-Year-Old Pastry Recipe 79
Mock Whipped Cream 79
Green Tomato Pie 80
Carrot Pie 80
Sour Cream Raisin Pie 81
Raisin Custard Pie 81
Pioneer Potato Candy 81
Grandma’s Pulled Candy 82
Honey Candy 82
Molasses Candy 82
Horehound Candy 82
Popcorn Balls 83
Fruit Candy 83
Pioneer Candy 83
Taffy 84
CHOCOLATE COOKIES

Aunt Jean LeFevres' Grandmother
Panguitch

Makes about 70 cookies
1 cup shortening 1 teaspoon vanilla
½ cup sugar 3 cups flour
2 square chopped chocolate or 2¼ teaspoons baking powder
 ¼ cup cocoa ½ teaspoon salt
4 tablespoons milk 2 eggs

Cream shortening and sugar, mix in chocolate and eggs slightly beaten, mix in
milk, and vanilla. Sift dry ingredients and add slowly to other mixture. Chill
thoroughly. Roll small portions very thin. Use small cookie cutter. Bake 10 min.
at 350°. Put together sandwich form with icing below.

ICING
2 tablespoons butter Mix to proper consistency with a
2 cups powdered sugar little water.
½ teaspoon vanilla

BELGIAN COOKIES

Frances Day
Hiawatha, Utah

1 pound butter 6 to 8 cups flour
1 pound brown sugar or 2½ cups 1 teaspoon cinnamon
3 eggs beaten 1 tablespoon vanilla or brandy

Cream sugar & butter and add eggs and flavoring. Mix in dry ingredients, to a
stiff batter. Shape into rolls the size of a cucumber, refrigerate for 2 hours. Slice
off and bake in waffle iron until brown. These cookies can be baked in the oven
for 10 min. at 350°.

LEMON COOKIES

Sarah Marble

Four cups of sifted flour, or enough for a stiff dough
One teaspoonful of butter
Two cups of sugar
The juice of one lemon and the grated peel from the outside
Three eggs whipped very light

Beat thoroughly each ingredient, adding after all is in, a half teaspoon of soda
dissolved in a tablespoon of milk. Roll out as any cookie and bake a light brown.
Use no other wetting.
LEMON-AMMONIA CRACKERS

Jeri Winger

1 ounce powdered ammonia  3 eggs well beaten
1/4 cup warm water        1 teaspoon salt
1 1/4 cups milk           2 teaspoons lemon oil
1 cup fat                 6 to 7 cups flour
2 cups sugar

Dissolve ammonia in warm water, stirring until softened; add to milk. Cream fat and sugar; add eggs, blending well. Add salt and lemon oil; add flour alternately with milk mixture. Chill. Press or roll dough out to 1/4 to 1/8-inch thick; cut into squares. Prick with fork tines; sprinkle with additional sugar, if desired. Bake in 375° oven for 12 to 15 minutes. Yield: 6 to 8 dozen cookies.

This is an old family recipe which has been modernized. It formerly called for 10 cents worth of lemon oil and 5 cents worth of ammonia.

RAISIN COOKIES

Bonnie Sue Grover
Tremonton, Utah

1 pound butter  6 or 7 cups flour
2 cups sugar     2 teaspoons soda
6 eggs          2 cups nuts
2 pounds raisins-ground

Dissolve soda in a little warm water. Mix ingredients and bake. 400 degrees, 15 to 20 minutes.

This was Grandmother’s recipe and she acquired it from a first grade teacher about 60 years ago. She originated from Colorado.

HERMITS

Roma Anderson
Taylor, Utah

1 cup shortening  3 cups flour
1 1/2 cups sugar  1 1/2 teaspoons salt
3 eggs           1 teaspoon cinnamon
1/2 teaspoon soda 1 teaspoon cloves
1 tablespoon water 1 teaspoon nutmeg
1/2 cup chopped nuts 1 cup raisins

Cream shortening, sugar and eggs. Beat well. Dissolve soda in water and add sifted dry ingredients, nuts and raisins. Drop by spoonful on cookie sheet then flatten each cookie with a flat tumbler dipped in sugar. Bake 15 minutes at 350° F.

These cookies were always on hand at haying and threshing time, when I was a girl. Mother would “Yoo Hoo” from the back porch and all the hired hands would take a break for cookies and fresh lemonade — We also took these cookies with some bananas and peanuts whenever we went hiking or horse back riding — They were available for after-school snacks too, especially good with a glass of cold milk.

66
HONEY DROP COOKIES

Jeanne Ekker Taylor
Hinckley, Utah

3/4 cup honey
1/4 cup butter or shortening
1 3/4 cup flour
1 egg
1/8 teaspoon cinnamon

1 cup raisins, chopped
1/2 teaspoon baking powder
1/4 teaspoon salt
1 cup nuts

Bake at 375° for 10 to 12 minutes

GRANDMA GRANGE’S SUGAR COOKIES

Elaine B. Hatch
Emery County

1 cup creamy milk
1 1/4 cups sugar
1 cup lard
4 cups flour

2 eggs
1 large teaspoon soda
1/4 teaspoon salt
2 teaspoons baking powder

First measure the milk and add a teaspoon of lemon extract and let stand while preparing the other ingredients. Put the flour in mixing bowl, add lard, sugar, eggs, salt and soda. Add milk and stir to soft dough. Mix as little as possible, roll and cut and bake. Add soda and baking powder to flour.

RAISIN-FILLED COOKIES

Helen Thackeray

1 cup sugar
1 egg
1/2 cup butter

1/2 cup milk
2 teaspoons baking powder

Enough flour to roll. Make this three times.

Filling:

1 package raisins, ground up
Boil and thicken.

1/2 cup sugar

Recipes from file of “Mother’s” recipes. Grandmother never used a written recipe in her life, but these are some of the things she cooked and about the way she cooked them.
WHITE COOKIES

Viola T. Rees
Loa, Utah

1 cup sugar
½ cup milk
2 teaspoon baking powder
1 teaspoon vanilla

½ cup shortening
2½ cups flour
1 egg
scant teaspoon salt

Roll out and cut with large round cutter. For variety, sprinkle with sugar and cinnamon.

This cookie recipe was my mothers special one when we were all kids at home. Not too expensive and tasted so good. This recipe is 65 years old. (Perhaps much older.)

BIZCOCHITOS COOKIES

Vicki Lujan
Ogden

1 cup sugar
2 cups lard
2 teaspoons anise seed
¼ cup milk

6 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt

Cream lard with hand thoroughly. Add sugar and anise. Beat eggs and add to lard mixture. Blend until light and fluffy. Sift flour with baking powder and salt and add to first mixture. Add milk and knead until well mixed. Roll ½" thick and cut into fancy shapes. Bake in moderate oven (about 350°) until slightly brown.

AUNT MADELEINE'S COOKIES

Mrs. Joan Carpenter
Centerville

2 cups sugar
1 cup shortening
2 eggs
1 cup sour cream or buttermilk
5 to 6 cups flour

1 teaspoon vanilla or lemon flavoring
1 teaspoon baking soda
1 teaspoon salt

Cream sugar and shortening well. Add eggs and flavorings and beat well. Sift dry ingredients together and add alternately with the sour cream, adding enough flour to make a soft dough. Chill for several hours. Roll out and cut. Bake 375° 10 to 12 minutes.
MOLASSES DROP COOKIES
Ruth Lyman
Wayne County

1 cup molasses
1 cup sugar
½ cup butter melted
1 egg
1 cup hot water
2 teaspoons ground ginger
2 teaspoons soda
½ teaspoon salt
1 sieve flour (about 4 cups)

Drop by spoonfuls on greased pan. Bake 10 to 15 min. in hot oven.

OATMEAL COOKIES
Mrs. Byron Alder

1 cup butter
2 cups uncooked rolled oats
1 cup sugar
2 eggs
1 cup applesauce
1 tablespoon canned milk
2 cups flour
1 teaspoon vanilla
1 teaspoon cocoa
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon cloves
¼ teaspoon mace
½ teaspoon nutmeg
1 cup raisins
1 cup nuts cut fine
pinch of salt

Combine butter, eggs and sugar. Sift dry ingredients and add alternately with applesauce and milk. Drop by spoonful on buttered baking sheet. Bake 10 minutes at 375°.

APPLE DUMPLINGS
Gwen Biddulph

Make a rich stiff baking powder biscuit dough, if you don’t have a favorite recipe here is one.
2 teaspoon baking powder
2 cups flour
1 teaspoon salt
2/3 cup shortening
Cut shortening into flour,
salt and baking powder mixture
and add 1/2 cup milk

Roll dough and cut into 6 inch squares. Peel six apples, cut in quarters and place 4 quarters on each square of dough. Sprinkle generously with sugar, cinnamon and nutmeg, Pinch the dough up around the apples. Make a syrup of 1 cup sugar and 1 ½ cups water. Place dumplings in a baking pan about 1 inch apart, and pour hot syrup over the dumplings. Bake in 350° oven for approximately 35 minutes or until apples are tender when dumplings are pierced with a fork. Serve hot with a sauce made from 2 cups of warm milk, 1/2 cup sugar, flavoring and a dash of nutmeg.
MOTHER'S APPLE DUMPLINGS

Applesauce, about a quart seasoned to taste, canned, bottled, fresh, any way you want to do it. Place in a two quart casserole and drop soft baking powder biscuit dough on the top. Bake in a 350° oven for about 25 minutes and serve with sweetened warmed milk. Of course you could also top with vanilla ice cream — that's even better.

You can use the above recipe for the soft dough, just add more milk or we like to beat an egg and add to the milk before it is stirred into the dough (you might want to add about 2 tablespoons of sugar to that egg if you have a sweet tooth). It's all very casual, very simple and very homy.

GRANDMA'S GINGERBREAD

Remola Woolsey
Bicknell, Utah

This recipe dates back to 1850. Mix in a single bowl with a large spoon.

½ cup brown sugar  ½ teaspoon cinnamon
½ cup butter  ½ teaspoon cloves
1 or 2 eggs  1 teaspoon nutmeg
1¼ cup molasses  2 teaspoon ginger
1½ teaspoon soda  1 cup hot water
about 2½ cup flour  ¼ teaspoon salt

Cream butter, eggs, and molasses. Mix spices in hot water. Sift together flour, soda and salt. Add alternately with spices, water and mix well. Bake in 9 x 13" pan. 350° until broom straw comes out clean. Serve warm with whipped cream and applesauce can be added.

OLD FASHIONED GINGERBREAD

Penny Cunnington
Hooper, Utah

1½ cups sifted flour  ¼ teaspoon cloves
1½ teaspoons baking soda  1 egg
¼ teaspoon salt  1 cup molasses
½ teaspoon cinnamon  ½ cup margarine, melted
½ teaspoon ginger  ½ cup hot water

Beat eggs, molasses, butter, hot water. Sift dry ingredients together, and blend with above mixture. Bake in 8 x 8" pan, 375° for 25 minutes.

This has no sugar. You will find it darker and perhaps stronger flavor than the recipes of today.

The first molasses mill in Hooper was built in 1868 by Charles Parker. Later William Hull built one also. Hundreds of gallons of sorghum molasses went through the mill. It was difficult to get sugar. The molasses was used as a sweetener in many foods such as for spring tonic, gingerbread, taffy, and even gingerbread men. The mill was abandoned as the people stopped raising cane.
GINGERSNAPS

Eljean Rowley

1 tablespoon ginger; 1 tablespoon lard; 1 teaspoon soda; ½ pint molasses, half a teacup of water with sufficient flour to knead soft dough. Roll thin and bake in quick oven.

GREAT GRANDMA’S PEACH COBBLER

Steve Johnson
Huntsville

1 quart peaches — pour in pan. Add more water if you need more cobbler.

Sprinkle a little more sugar.

2 glugs (sic) of vanilla
Little Cinn’mon if you have some
Small piece of butter
Sprinkle of salt
Some Thick’n

Boil till thick. Put in bowl top with “biskit”. Serve hot or cold. Good with whipped cream or milk, or just plain. Eat with large spoon.

My great grandmother canned her own peaches from the tree in the backyard. In the winter they were brought out for a special treat. If she made a cobbler, the precious peaches would serve more people. My mother makes it much the same way, with just a little of this and a little of that. We use tapioca for the thick’n.

PEACH COBBLER

Amanda Graf

Mix up a rich biscuit dough — adding a little extra sugar — roll to ½ inch thick and cut into circles. Put fruit into baking dish and top with biscuits. Sprinkle with sugar and cinnamon or nutmeg. Bake in 350° oven until brown. Serve with dip made with

2 cups milk or cream
2 tablespoons sugar
½ teaspoon lemon extract
PEAR ROLL
Laura Gubler

Cook dried pears until tender, then mash and season with sugar, nutmeg and cinnamon. Set aside.

1 quart milk scalded and cooled 3 or 4 eggs
1/2 pound butter or shortening 1 dry yeast cake
1 tablespoon salt flour to make a soft dough
8 tablespoons sugar

Dissolve yeast in warm milk and 1 tablespoon sugar. Mix and knead to smooth dough. Let rise and roll out thin. Spread pear mixture on dough after coating dough with melted butter. Roll up and slice. Place on cookie sheets and let rise. Bake at 350° until brown.

JELLY ROLL
Helen Wamsley

3 eggs (beaten) 3/4 cup sugar
1 1/2 cup flour 1 teaspoon baking powder
1 teaspoon vanilla 1/2 teaspoon salt
3 tablespoons hot water

Bake in large pan at 375° for 15 minutes. Turn out on damp towel, spread with your favorite jelly, and roll in the damp towel while hot.

Even in the smallest town during the early days at least one family had an ice house so that ice cream was possible for very special occasions. During the cold of winter, blocks of ice were cut out of the streams and rivers and hauled to the ice houses where they were buried in sawdust — or ashes. Often the walls of the ice house were packed with sawdust, too, so that the insulation was sufficient to hold the ice through the entire summer. Secret to the lively goodness of this ice cream, which earned a great reputation for its excellence, was the use of a little lemon flavor with the vanilla.

ICE CREAM

2 quarts milk 3 cups sugar
1 cup flour 1 teaspoon salt
4-6 eggs 2 tablespoons vanilla
1 teaspoon lemon extract 1 quart heavy cream

Combine a small amount of cold milk with flour and stir until smooth. Heat remaining milk and stir flour mixture into it, stirring and cooking until slightly thickened. Beat eggs and sugar together, then stir into hot milk mixture. Cool, and add salt, vanilla, lemon extract and cream. Freeze in 6-quart freezer.

For caramel ice cream, carmelize 1 cup sugar and add 1 tablespoon vanilla.
APRICOT SHERBET
Edna Kunz
Manti, Utah

2 cups orange juice
3 cups apricot puree
½ cup lemon juice
4 cups sugar
1 quart cream
2 quarts milk
1 tablespoon Knox gelatin

Dissolve gelatin in a small amount of water. Heat apricot juice and add gelatin. LET COOL, ADD ALL INGREDIENTS TOGETHER AND POUR INTO A SIX QUART ice cream freezer. Turn until ice cream is solid.

RAISED DOUGHNUTS
Coral Stephenson
Holden, Utah

4 3/4 cup flour
1½ cup milk
1/3 cup lard
4 tablespoons baking powder
2 teaspoons salt
2 teaspoon nutmeg
¼ teaspoon cinnamon
2 eggs (well beaten)
2 yeast cakes (softened in luke warm water

Sift flour and measure. Bring milk to the boiling point and pour over lard, sugar and spices in bowl. Cool to luke warm. Add flour, eggs and yeast and beat until well mixed. Cover and let stand in a warm place until dough is light and double in bulk (takes about 60 minutes). Turn dough on to a well floured board, turning 2 or 3 times to shape into a soft ball. Dough will be soft to handle. Roll out lightly to about ½” thick. Cut with doughnut cutter and place rings about 2” apart on a greased baking sheet. Brush doughnuts with melted butter and let raise in a warm place until double (about 20 min.). Bake in a hot oven for about 8 or 10 minutes. After removing from oven, brush tops lightly with melted butter and roll in sugar.

Grandmother Emily McKee always had these doughnuts on hand for treats for her family and grandchildren. They were always sprinkled with sugar, never glazed with powdered sugar as we do today.

GRANDMOTHER’S DOUGHNUT RECIPE
Helen Thackeray

1 sieve flour
2½ or 3 teaspoons baking powder
1½ cups sugar
Nutmeg
2 eggs, beaten light
Milk enough to make soft dough

Add milk to eggs and put into flour. Add 3 or 4 tablespoons cream.

Have grease smoking hot before frying. (She used home rendered lard.)
BRIGHAM’S BUTTERMILK DOUGHNUTS
Jeri Winger

2 cups buttermilk  
2 large eggs, beaten  
1 cup sugar  
5 cups sifted flour  
2 teaspoons soda  
1 teaspoon baking powder  
2 teaspoon salt  
1 teaspoon grated nutmeg  
¼ cup melted butter or shortening

Combine buttermilk, eggs and sugar; blend well. Beat in sifted dry ingredients; stir in melted butter. Roll or pat dough on floured board to about ¼-inch thickness; cut with 2½-inch doughnut cutter. Fry in hot fat until golden brown on both sides. Drain; sprinkle with sugar, if desired. Yield: 2 dozen.

This recipe belonged to Emily Dow Partridge Young, wife of Brigham Young. Nutmeg was the chief spice in the early days and was grated tediously by hand over tiny metal nutmeg graters.

GRANDMA’S CAKE DOUGHNUTS
(Recipe tested and standardized)

4 cups unsifted all-purpose flour  
1 cup minus 2 tablespoons sugar  
3 teaspoons double-acting baking powder  
1½ teaspoons ground nutmeg  
1 teaspoon salt  
2 eggs, well beaten  
1 cup milk  
¼ cup heavy cream

Mix flour with sugar, baking powder, nutmeg, and salt in mixing bowl. Combine eggs, milk, and cream; add to flour mixture, mixing just enough to form a soft dough. Turn out on lightly floured board and knead gently 15 to 20 turns, or just until dough can be handled easily. (If dough is too soft to knead, cover and chill for 30 minutes.)

Roll out ⅜ inch thick and cut with floured 2-3/4 inch doughnut cutter. Fry in at least 1 inch of hot fat (375°F.) until golden brown, about 2 minutes on each side, turning only once. Drain on absorbent paper. If desired, doughnuts may be rolled in granulated or confectioners’ sugar or a mixture of granulated sugar and ground cinnamon. Makes 2 to 2-1/2 dozen doughnuts.

BUNS
Helen Thackeray

1 pint yeast  
1 pint milk  
1 or 2 cups sugar  
2 eggs  
1 cup currants, some raisins  
1 tablespoon lard and 1 of butter  
1 teaspoon nutmeg and a little cinnamon

Scald milk. Add butter and lard. Cool. Add all the rest and sponge. Let rise. Add enough flour and mix as bread.
GRANDMA’S CINNAMON BUNS

Myreene Sitterud
Elaine B. Hatch Emery Co.

1 large sieve white flour – about 5 cups  2 yeast cakes – dissolved in 1/3 cup
1 cup sugar                                warm water
1 cup butter-half shortening can be used  1 cup raisins
1 tablespoon salt                           2 cups scalded milk
1/2 teaspoon cinnamon                      2 cups mashed potatoes
                                              3 eggs

Sift flour and salt into pan, push flour to sides as in making bread. Add milk, mashed potatoes, sugar, 1/2 cup butter shortening mixture, cinnamon. Whip with large spoon until well mixed. Add yeast mixture and gradually add the flour in small amounts.

Leave in sponge stage and let sit until it raises, then add whipped eggs the remainder of the flour and beat well. Knead and make in soft ball. Let rise.

Punch down and roll into 1/2 inch thick circle. Spread with the rest of the butter that has been melted. Sprinkle generously with sugar and cinnamon. Form into a long roll and cut into 1/2 inch slices. Place in well-greased pan to raise. When doubled in bulk, bake until light brown. Can be iced if desired.

BOILED FRUIT DUMPLINGS

Rebecca K. Smith

2 cups bottled fruit*                      2 cups flour
2 cups water                               3 teaspoons Baking powder
1/2 cup sugar                              1/2 teaspoon salt
Bring to a boil.                           1/4 cup shortening
                                              3/4 cup milk
                                              2 tablespoons sugar

Sift dry ingredients together, cut in shortening, add milk. Drop by spoonfuls into boiling liquid. Cover and boil 12 minutes without lifting lid. Serve dumplings with fruit syrup spooned over the top. May be garnished with whipped cream. 6 to 8 servings.

*Almost any kind of fruit may be used, or fruit combinations. If using pie cherries, add a few drops of almond extract; if apricots, orange rind can be added. Plums are excellent.

(My mother used to make these dumplings when I was a girl. I don’t know where she got the recipe but I assume it was handed down to her from her mother. It has been a quicky favorite in our home for 53 years.)
MINCEMEAT
Helen B. Rogers
Kanosh, Utah

1 quart chopped beef  4 cups brown sugar
1 cup chopped suet     4 teaspoons salt
2 cups seedless raisins 3 teaspoons cinnamon
2 cups currents, washed 3 teaspoons allspice
2 cups candied citron  4 tablespoons brandy (optional)
2 quarts peeled apples 4 lemons – grated rind and juice
1 quart cider or apple juice

Put all ingredients except brandy in saucepan. Cook slowly 1¼ hrs., stirring frequently. Stir in brandy and pack in hot sterile jars. Seal or keep in refrigerator. Makes 4 or 5 pies.

MINCEMEAT
George Gideon Snyder (founder of Park City)

6 pounds cooked (8 pounds or more raw) boil chunks, tender and chop fine.
2 pounds suet

You may wish to add salt, some vinegar, and a little broth.
Mixture should be puddly – like meat pies. It can be frozen or processed as for meat. Wine and/or brandy may be added before baking pie for flavor.

MINCEMEAT
Oreta Rich Berghout
Midvale, Utah

(Every thrifty housewife made delicious mince meat pies for good eating in the winter.)
2 quarts ground suet     Juice of 1 lemon or 2 or 3 tablespoons lemon extract
2 quarts seedless raisins 1 tablespoon cinnamon
2 quarts seeded raisins 1 tablespoon allspice
½ quart or more cooked apples ½ tablespoon cloves
2 quarters chopped raw apples 1 teaspoon salt
4 cups sugar 1½ tablespoons nutmeg
15¢ lemon peel (or use part citron)

Do not cook. Bottle and keep where it is cool.
BULLBERRY DUMPLINGS
Crystal Rosenberg
Emery County

2 cups flour
1 teaspoon salt
3 teaspoons baking powder
1 cup milk

If the dough looks dry make sure it won’t take all the flour, before adding more liquid. Gently fold in the berries, place this dough in a steam pan and steam for 20 minutes before lifting the lid. Continue for 10 minutes longer, or until done. You can use a heavy kettle over low heat.

Sauce

2 cups sugar, 4 tablespoons butter (warm slowly and combine. This seems to keep the butter from separating later.)
½ teaspoon nutmeg
2 cups water
2 tablespoons vinegar — add 1 tablespoon then taste before adding more.
Add to sugar and butter. Thicken with cornstarch to sauce consistency.

Bullberries were the only fruit available to early pioneers. They made jelly, jams, dumplings and used in other recipes calling for fruit.

GREEN TOMATO MINCE MEAT
Mrs. Hannah Hall
Hurricane, Utah

1 peck green tomatoes
2 pounds chopped raisins or seedless grapes
1 pound suet
8 cups white sugar
2 tablespoons salt
2 tablespoon cinnamon
2 tablespoon nutmeg
2 tablespoon allspice
¼ pound citron (This was candied)
15 good size apples peeled and chopped

Chop tomatoes and pour boiling water on them and let simmer for a few minutes. Then drain. Boil tomatoes 1 1/2 hours in one cup vinegar and 4 cups water. Add other ingredients and boil slowly 2 hours longer. Put in glass jars and seal.

MINCEMEAT (that will keep)

Uneta Jensen
Brigham City, Utah

Two pounds of lean meat boiled — when cold, chop fine; 1 pound of suet minced to a powder, 2 pounds of sultanas or seedless raisins, 5 pounds of juicy apples pared and chopped, 2 pounds of currents, 1/2 pound of citron chopped, 2 tablespoons of mace, 3 tablespoons cinnamon, 1 tablespoon of allspice, 1 grated nutmeg, 1 tablespoon fine salt, 3 pounds of brown sugar, 2 quarts of sweet cider. This mince meat will keep all winter.
RHUBARB PIE
9"

Mario Marx
Bicknell, Utah

2 cups rhubarb, washed and cut into small pieces
2 egg yolks
1 cup sugar
½ cup flour

Stir together, put into unbaked pie crust and bake at 425° 30-40 minutes (till custard set)

Make meringue of egg whites and 2 tablespoons sugar. Place on top of baked pie and return to oven for a few minutes to brown.

VINEGAR PIE

Mrs. Sherwin J. Wood

2 cups boiling water
1/4 cup vinegar
1 cup sugar
3 tablespoons flour
3 eggs, separated
1 teaspoon lemon flavoring
1/3 teaspoon salt
3 tablespoons sugar
1 baked 9-inch pie shell

Beat egg yolks until thick. Add the 1 cup sugar, flour and salt. Mix thoroughly.

Add boiling water slowly, stirring constantly. Add vinegar and cook over hot water until thickened and smooth. Add flavoring.

Pour into baked pastry shell. Cover with meringue made of stiffly beaten egg whites and the 3 tablespoons sugar. Bake in slow oven (325°) for 20 minutes.

CURRANT PIE

Mrs. Herrington
Washington County

Take one cup of ripe currants mashed, add a cupful of sugar and two tablespoonfuls of flour and the yolks of two eggs. Beat the whites of the egg for meringue. Bake in one crust. Add the meringue and brown. Fresh stoned pie cherries can also be used.
PAstry Ramakins

Sarah Marble

Take the remains on any light puff paste left from pies or tarts; gather up the pieces of paste, roll it out evenly, and sprinkle it with grated cheese of a nice flavor. Fold the paste in three, roll it out again, and sprinkle more cheese over, fold the paste, roll it out and with a pastecutter, shape it in any way that may be desired. Bake the remakins in a brisk oven from 10 to 15 minutes. Dish them on a hot napkin and serve quickly. The appearance of this dish may be very much improved by brushing the ramakins over with yolk of egg before they are placed in the oven. Where expense is not objected to, parmesan is the best kind of cheese to use for making this dish.

101-Year-old Pastry Recipe

Many pioneer immigrants, far from their native lands, carried pleasant memories of delicious pastries, and they weren’t long here before they tried to duplicate them as near as possible. Pigs were brought with some of the earliest companies, so the “saints” had lard, and Brigham Young sent wagons back to Winter Quarters, Nebraska, for new supplies of flour. With a little salt and some wild fruit they had the makings for their first fruit pies. This pastry recipe was used by one pioneer woman until she was 98 years old, and although an old recipe, it makes mighty good pastry.

2½ cups sifted flour  1 egg, beaten
½ teaspoon salt      1 tablespoon vinegar
1 cup lard or shortening  cold water

Cut shortening into flour and salt. Beat egg lightly in a 1½ cup measure; add vinegar and fill cup with cold water. Add just barely enough liquid to dry ingredients to hold dough together — about 4 tablespoons — reserving remaining liquid for next batch of pastry. Handle dough as little as possible. Makes two 9-inch pie shells.

Mock Whipped Cream

Uneta Jensen
Brigham City

To one large, sour apple, peeled and grated, add the white of one egg and one cup of sugar; beat altogether a long time; flavor with vanilla. Mix apple with sugar as soon as possible after grating to keep the apple from turning brown. This is used like whipped cream and is delicious. Very nice served on squares of sponge cake.

This is a recipe from my grandmother.
GREEN TOMATO PIE

Valie S. Garret

4 to 6 green tomatoes peeled and cut in small pieces
2/3 cup seedless raisins
1 cup cooked apples
2 teaspoons corn starch
1 cup sugar
½ teaspoon cloves

Cook tomatoes in small amount of water until tender. Add raisins and apples and cook together over low heat until well blended. Add sugar and cornstarch mixed together. Bake in double crust until brown.

GREEN TOMATO PIE

Eljean Rowley

6 green tomatoes; 2 tablespoons water; ½ lemon sliced; 2 tablespoons flour; 1 cup sugar; 2 tablespoons butter, salt and cinnamon to taste. Wash tomatoes and cut in thin slices; cook with water and lemon until tomatoes are almost tender, then drain. When the tomato liquid has cooled add the flour and water, sugar and salt and cook until thickened. Add tomatoes, cinnamon, and butter; mix thoroughly. Pour the hot mixture into a pastry shell, add top cover and bake 30 minutes or until golden brown. After taking it from the oven sprinkle lightly with sugar.

CARROT PIE

Ruth Bone

2 cups cooked, strained carrots
3 eggs
½ cup molasses
2 cups milk
½ cup sugar
1 tablespoon flour
2 teaspoons cinnamon
1 teaspoon ginger
1 teaspoon salt

Beat eggs, add dry ingredients sifted together, then molasses, carrots and finally liquid. Pour into unbaked pie shells and bake at 450° for 10 minutes. Then at 325° for 30 minutes.

This recipe is over 100 years old and took the place before pumpkin or when pumpkin was not available.
SOUR CREAM RAISIN PIE

Mario Marx
Bicknell, Utah

1 1/2 cup sour cream
1 tablespoon flour
1/2 teaspoon cinnamon
1/2 teaspoon nuts
2 eggs
1 cup sugar
1 1/2 cup raisins

Mix flour, sugar and spices. Add slightly beaten eggs, sour cream and raisins. Pour into unbaked pie shell and bake 30-40 minutes in 425° oven (or until custard is set)

RAISIN CUSTARD PIE

Mrs. Duane Frank
Tremonton, Utah

1 big cup milk
1/2 cup sugar
2 egg yolks
1 tablespoon butter
1 tablespoon flour
dash of salt
1 cup raisins

Heat milk, add flour stirred in sugar, salt and beaten egg yolks. Cook until thick. Add 1 teaspoon vanilla and 1 tablespoon butter. Pour in baked pie crust. Beat whites until stiff and put on top and brown.

This recipe was my husband's grandmother's. She brought it over from Switzerland at least 100 years ago.

PIONEER POTATO CANDY

Kathleen Stenberg
Mayfield, Utah

1 cup warm mashed unseasoned potatoes
1/2 teaspoon salt
2 teaspoons vanilla
2 pounds confectioners sugar
1 pound chocolate for dipping
2/3 cup ground salted peanuts or
1 cup shredded coconut

(For a true pioneer potato candy omit the peanuts & chocolate coating.) Combine potatoes, salt and vanilla in mixing bowl. Sift confectioners sugar over potatoes, stirring and adding 1 cup at a time. Mixture will liquify when first sugar is added, then gradually begin to thicken. When it becomes the consistency of stiff dough, knead it even though all the sugar has not been added (likewise, add more sugar if needed.)

After kneading, cover with a damp cloth; chill until a small spoonful can be rolled into a ball. Shape in small balls. Dip balls in melted chocolate then roll in nuts. (Makes 8 doz. 1/2" balls or 2 pounds.)
GRANDMA’S PULLED CANDY

Helen Wamsley

3 cups sugar
½ cup vinegar
½ cup water
1 teaspoon vanilla

Combine sugar, vinegar, water. Cook to hard crack stage, remove from heat, add vanilla and pour into a buttered platter. When cool enough to handle, pull until taffy is white and porous. Twist into a rope, cut or break in pieces.

HONEY CANDY

Mrs. Henry Kartchner
Price, Utah

Cook 2 cups honey, 1 cup sugar, and ½ cup cream or rich milk to a hard ball stage. Pour onto a buttered platter to cool. Pull candy, using only fingers, until quite stiff and airy. Lay out on clean cloth and mark into pieces, using a butter knife. When cold, tap the back side of candy with the knife and it will break where it has been marked. Keep stored in a dry place or it will gather moisture and become sticky.

HONEY CANDY

Geniel Webb

2 cups honey

Boil until cracks in cold water. Do not stir. Put on buttered plate to cool. Stretch.

MOLASSES CANDY

1½ cup molasses
3/4 cup sugar
1 tablespoon vinegar
1 tablespoon butter
1/8 teaspoon soda
1/8 teaspoon salt

Combine molasses, sugar, vinegar, and cook to a hard ball stage. Add butter, soda, and salt; remove from heat and stir until soda is blended, then pour onto greased platter. When cool pull between greased fingertips until white and stiff. Cut into pieces.

HOREHOUND CANDY

Boil two ounces of dried horehound in a pint and a half of water for about half hour; strain and add three and a half pounds of brown sugar; boil over a hot fire until sufficiently hard; pour out in flat well greased tins and mark into sticks or small squares with a knife as soon as cool enough to retain shape.
POPCORN BALLS

Julie Petersen
Farr West

2 cups sugar
3 tablespoons honey
2 tablespoons vinegar

½ cup water
A little butter
Popped pop corn

Mix all ingredients except popcorn in a pan. Stir until all granuals are clear and smooth. Cook until a medium hard ball stage. Test in cold water. Pour over popped pop corn, stirring all the time. When sligtly cool, mold into balls. It will help if you dip your hands in cold water while molding the ball.

I really enjoyed the popcorn balls, when my Grandma Yearsley used to make them. She would always have a little something for us when we come to visit her, and these popcorn balls were my favorite. When my grandma died, my mom always make these recipes. Now we will hand these down for generation to generation. These popcorn balls are great to snack on.

FRUIT CANDY

Lettie Y. Swapp
Kanab, Utah

Take ¼ cup each of: dates, figs, peanuts, raisins, prunes, dried apricots, and currants, grated rind of an orange if desired. Put fruits through chopper and moisten with honey or orange juice. Form into small balls, roll in brown sugar and dip in melted chocolate: ¼ bar chocolate, 2 tablespoon pulverized sugar melted over hot water, Place balls on waxed paper and allow to set.

MARTHA JOSEPHSON'S PIONEER CANDY

Martha Clark

1 pound raisins
8 ounces figs
8 ounces dates
1 cup stoned prunes

juice of one orange
rind of one orange
1 cup English walnuts, broken

Grind together the fruits and rind of orange; blend well with orange juice and walnut meats. Shape into balls or into flat bars. Makes 24 bars. These goodies should be allowed to stand for 24 hours in order to ripen. Dipping these fruit candies in milk chocolate makes them exceptionally tasty and healthful.
TAFFY

Ruth Bone

1 cup white sugar  
2 teaspoon vanilla
1 tablespoon vinegar  
butters-size of walnut
¼ cup water

Boil until it threads, then pour into buttered pan. When cool enough to handle, pull until white. Can be colored and put nuts into it while pulling.
Breads & Yeasts & Miscellaneous Recommendations
## Contents

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homemade Yeast</td>
<td>87</td>
</tr>
<tr>
<td>Yeast Without Hops</td>
<td>87</td>
</tr>
<tr>
<td>Baking Powder</td>
<td>87</td>
</tr>
<tr>
<td>Salt Rising Bread</td>
<td>88</td>
</tr>
<tr>
<td>Salt-Rising Bread</td>
<td>89</td>
</tr>
<tr>
<td>Indian Fried Scones</td>
<td>89</td>
</tr>
<tr>
<td>Abelskievers</td>
<td>89</td>
</tr>
<tr>
<td>Sourdough Starter</td>
<td>90</td>
</tr>
<tr>
<td>Sourdough Pancakes</td>
<td>90</td>
</tr>
<tr>
<td>Buckwheat Pancakes</td>
<td>90</td>
</tr>
<tr>
<td>Baking Powder Biscuits</td>
<td>90</td>
</tr>
<tr>
<td>Hush Puppies</td>
<td>91</td>
</tr>
<tr>
<td>Mom’s Corn Bread</td>
<td>91</td>
</tr>
<tr>
<td>Molasses Lunch Loaf</td>
<td>91</td>
</tr>
<tr>
<td>Bread Pudding</td>
<td>92</td>
</tr>
<tr>
<td>Black Rye Bread</td>
<td>92</td>
</tr>
<tr>
<td>Swedish Pancakes</td>
<td>93</td>
</tr>
<tr>
<td>Aunt Sarah’s Soda Crackers</td>
<td>93</td>
</tr>
<tr>
<td>Corn Cake</td>
<td>93</td>
</tr>
<tr>
<td>Munela</td>
<td>94</td>
</tr>
<tr>
<td>Rice Muffins</td>
<td>94</td>
</tr>
<tr>
<td>Tortillas</td>
<td>95</td>
</tr>
<tr>
<td>Milk Toast</td>
<td>95</td>
</tr>
<tr>
<td>Sopaipilla</td>
<td>95</td>
</tr>
<tr>
<td>Boiled Salad Dressing</td>
<td>96</td>
</tr>
<tr>
<td>Slaw Dressing</td>
<td>96</td>
</tr>
<tr>
<td>Home Made Mustard</td>
<td>96</td>
</tr>
<tr>
<td>Granulated Soap</td>
<td>97</td>
</tr>
<tr>
<td>Crumble Soap</td>
<td>97</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td></td>
</tr>
<tr>
<td>Recommendations</td>
<td>98</td>
</tr>
</tbody>
</table>
HOMEMADE YEAST

Martha Black

Boil six large potatoes in three pints of water. Tie a handful of hops in a small muslin bag and boil with the potatoes. When thoroughly cooked, drain the water on enough flour to make a thin batter; set this on the stove or range and scald it enough to cook the flour (this makes the yeast keep longer); remove it from the fire and when cool enough, add the potatoes, mashed, also half a cup of sugar, two tablespoons of salt and a teacupful of yeast. Let it stand in a warm place, until it has thoroughly raised then put it in a cool place. The jug should be scalded before putting in the yeast. Two thirds of a coffee cupful of this yeast will make four loaves.

FOR MAKING YEAST QUICKLY AND WELL

Boil one pound of flour with a quarter pound of brown sugar and an ounce of salt in two gallons of water for an hour. Whilst in a lukewarm state bottle and cork it up well and in 24 hours it will be fit for rising. A pint of this liquid is sufficient to make 18 pounds of bread very light. This recipe will do when neither yeast nor old potatoes can be got.

YEAST WITHOUT HOPS

Edna Cloward
Washington County

12 large potatoes boiled, mashed, and pressed through a sieve;
Add:
3 quarts of lukewarm water 1 cup of salt
1 cup of yeast 1 cup of sugar

Mix thoroughly and set in a warm place four or five hours. When bubbles rise it is ready for use. One teacupful of this yeast will make three quart loaves, and no sponge is necessary. Keep in half gallon jars corked tight, and in a cool place. It will be good for weeks.

BAKING POWDER

9 ounces of bi-carbonate of soda 4 ounces of tartaric acid
4 ounces of cream of tartar 10 ounces of wheat flour

Cover over close, after thoroughly sifting it several times. Put away in air-tight boxes or wide-mouthed bottles, labeled.
SALT-RISING BREAD

Doris Trush

3 medium potatoes, pared & cut up  ½ cup sugar
½ cup all-purpose flour  ¼ cup oil
2 tablespoons sugar  2 tablespoons salt
2 packages active dry yeast  8-8¼ cups all-purpose flour

Cook potatoes covered in 6 cups unsalted water until tender; drain, reserving 5 cups cooking water. Cool. (Use potatoes for another purpose.) To make starter, combine the ½ cup flour, the 2 tablespoons sugar, 1 cup of the reserved potato water, and the yeast. Cover, let stand in warm place several hours. Add the remaining 4 cups of potato water and ½ cup sugar. Cover, let stand in warm place overnight. Next day stir starter; remove 1 cup starter and put into pint jar. Cover. Store in refrigerator until ready to use.

To the remaining starter (4 cups), add oil, salt and enough flour to make a moderately stiff dough. Place in greased bowl, let rise in warm place until double, 1 - 1½ hours. Stir down and place in three 9x5x3 greased bread pans. Let rise till almost double, 45-50 minutes. Bake at 375° oven for 50-55 minutes.

(To use reserved starter, proceed as before except substitute the cup of starter for the 1 cup of potato water.)

SALT-RISING BREAD

Alice M. Johnson

While getting breakfast in the morning, as soon as the tea-kettle has boiled, take a quart tin cup or an earthen quart milk pitcher, scald it, then fill one-third full of water about as warm as the finger could be held in; then to this add a teaspoonful of salt, a pinch of brown sugar and coarse flour to make a batter of about the right consistency for griddle cakes. Set the cup, with the spoon in it, in a closed vessel half filled with water moderately hot, but not scalding. Keep the temperature as nearly even as possible and add a teaspoonful of flour once or twice during the process of fermentation. The yeast ought to reach to the top of the bowl in about five hours. Sift flour into a pan, make an opening in the center and pour in yeast. Have ready a pitcher of warm milk, scalded, or milk and water (not too hot or you will scald the yeast germ), and stir rapidly into a pulpy mass with a spoon. Cover this sponge closely and keep warm for an hour, then knead into loaves, adding flour to make the proper consistency. Place in warm well-greased pans, cover closely and leave till it is light. Bake in a steady oven and when done let all the hot steam escape. Wrap closely in damp towels and keep in closed earthen jars until it is wanted.
SALT-RISING BREAD

Luella Crosby
Kanab, Utah

At noon take 1 cup corn meal, pour over enough boiling new milk to make it the thickness of cake batter. Keep in warm place over night. In morning take 1 pint boiling water, add 1 teaspoon soda, 1 teaspoon salt. Cool until it will not scald flour, add enough flour to make stiff batter; then add corn meal sponge which will be full of bubbles. Keep warm and let rise.

Add to about 1½ pint warm water and flour to knead into loaves. Let rise in dripper and bake. Salt to taste when mixing dough.

INDIAN FRIED SCONES

Mrs. Charles Young
Brigham City, Utah

3 cups flour
4 teaspoons baking powder
2 teaspoons salt
4 teaspoons sugar
1¼ to 1½ cup luke warm water

Mix and let rise about 5 minutes. The less it is handled, the better. Roll out and fry as scones. Serve with honey butter or your favorite jams or jelly.

For honey butter, blend ¼ cup honey into 4 tablespoons butter.

ABELSKIEVERS

LaVenna Packer
Brigham City, Utah

We still have the old black abelskivever pan which my grandmother brought from Denmark. She was a widow and sold her home and came to America with three little boys. In those days they used a long knitting needle to turn them gently, a little bit at a time until they formed a ball.

2 cups buttermilk
2 cups flour sifted with one teaspoon baking powder, ½ teaspoon salt, 1 teaspoon soda, 2 teaspoons sugar, 3 eggs.

Beat egg yolks. Beat in buttermilk. Add dry ingredients and fold in beaten egg whites last. Have pan quite hot, greasing each round in pan well and fill nearly full of batter. Turn a little at a time as they start to brown. Roll in sugar or serve with jelly.
SOURDOUGH STARTER

Ruby Roe
Panguitch, Utah

1 package dry yeast
½ cup warm water
2 cups flour
2 cups lukewarm water
1 tablespoon sugar
1 teaspoon salt

Dissolve yeast in ½ cup warm water. Stir in flour, water, sugar and salt. Let stand uncovered at room temperature for 3 to 5 days, stirring two or three times a day. Cover at night to prevent drying. Store in covered plastic container or glass bowl in refrigerator. Do not freeze.

SOURDOUGH PANCAKES

At night put 2 cups milk and 2 cups flour and ½ cup sour dough starter in bowl. Stir — put mixture on cupboard uncovered overnight.
Morning — Take ½ cup start out to save in refrigerator. Then add to rest:
1 teaspoon soda
1 teaspoon salt
4 teaspoons sugar
2 tablespoons shortening
2 eggs
very delicious pancakes!

BUCKWHEAT PANCAKES

Eva Demert — 60 years old

2 cups buckwheat flour
½ cup whole wheat flour
½ cake yeast mixed with ¼ cup warm water to make thin batter.

Mix. Let rise overnight. In morning, add ½ teaspoon soda, dissolved in a little hot water, and ½ teaspoon salt. Bake on hot griddle greased with piece fat pork dipped in lard.

BAKING POWDER BISCUITS

Lynda Thompson
Brigham City, Utah

My father recalls every Saturday night after they had had their baths, of eating hot breads made by his mother who had twelve children. This was one of their favorites.

Two cups of flour sifted three times, with four teaspoons baking powder and one-half teaspoon salt. Mix in three tablespoons fat or butter or margarine with a knife until quite fine. Gradually add ¾ cup milk, handling batter as little as possible. Roll gently on floured board, cut into small biscuits with a vegetable can (with lids removed). Place on slightly greased pan. Bake in hot oven 12 to 15 minutes. Serve hot.
HUSH PUPPIES

Tracy Lindsay
Ogden, Utah

2¼ cups corn meal
1 teaspoon salt
1 teaspoon onion salt
3/4 teaspoon baking soda
1½ cups buttermilk

Combine dry ingredients. Add buttermilk, and mix well. Make rounded tablespoons of batter, using palm of hand to round out top. Drop into deep hot fat (375°.) Cook until well browned (about 2 minutes). Serve hot with fried fish.

In the early days most homes had dogs. The dogs would bark and howl around the cabins. When the ladies made supper, they would make a bread, they would feed their families and toss some to the dogs, so they nick-named the bread “hush-puppies” to help keep the dogs quiet.

MOM’S CORN BREAD

Mamie Allred
Spring City, Utah

1 cup (scant) white flour
1/4 cup sugar
1 teaspoon salt
3/4 teaspoon baking powder
1 cup corn meal
1 egg beaten
3 tablespoons melted shortening
3 tablespoons cream (optional)
1 cup sour buttermilk
3/4 teaspoon soda

Sift together flour, sugar & baking powder. Put in a pan with corn meal, make a well and add the egg, shortening, cream and buttermilk to which had been added the soda until it foams. Mix well and pour into a greased 9” square pan and bake 400° F for about 20 min. (Sometimes in place of buttermilk substitute 1 cup sweet milk or cream eliminating the soda and using 2 teaspoons baking powder.) These recipes, I know, are at least 90 years old. They have been handed down to each generation.

MOLASSES LUNCH LOAF

Alice M. Johnson

One cup molasses, one cup sugar, scant teaspoon each of cinnamon, ginger and nutmeg, rounded teaspoon soda, pinch of salt.

Cream sugar, shortening, spices and molasses; add one cup boiling water in which soda has been dissolved; then add one-third cup clabber milk. Add flour to make good batter. Put into greased loaf pans and bake in moderate oven. Floured fruit or soaked dried apples may be added. Nice for lunches and munches.
BREAD PUDDING

Margaret Jane Steed Hess

3 slices bread, cubed 1 tablespoon butter
¼ teaspoon salt ½ cup brown sugar
½ teaspoon cinnamon 2 cups hot milk
2 eggs slightly beaten ½ teaspoon vanilla
½ cup raisins ½ cup chopped nuts

Cut bread in cubes and place in bowl. Add butter, salt, sugar, hot milk, cinnamon, eggs, vanilla, raisins and nuts and mix well. Turn into buttered bowl that may be set loosely in cooker with rack (2 cups water under the rack). Cover with wax paper. Place bowl in cooker on rack. Allow steam to flow from vent pipe for 5 minutes. Put indicator weight on vent pipe and cook 15 minutes.

BLACK RYE BREAD

Lori Johnson
Roy, Utah

¼ cup warm water 2 tablespoons salad oil
1 tablespoon dry yeast 2 teaspoons salt
1 ½ cups scalded milk with 3 cups all-purpose flour
some postum added* 3 cups rye flour
¼ cup dark molasses black food color paste

Pour water into bowl; add yeast and stir until dissolved. Stir in the scalded and cooled milk, then add the shortenings, salt and sugar. Stir until well-blended. Stir in 3 cups of flour, 1 cup at a time. Add 4th cup of flour and beat until dough is smooth and elastic. Add rest of flour gradually. Knead until dough is smooth and satiny. Add food coloring. Put dough in greased bowl. Grease top lightly. Cover and set in warm place to rise. Let rise about 1½ hours. Punch dough down. Squeeze out air bubbles shape and slash top. Let rise about 45 minutes. Bake at 375° for 45 minutes. Makes 2 loaves.

*about 2 teaspoons.

My Great-great-grandmother Susanna Klosser Schneider, born in Berne, Switzerland, came to Utah in 1868 with one of the last handcart companies and this recipe was in an old cookbook that she treasured. My Great-grandmother Bertha Schneider McCarthy, was given the recipe which she took to Canada in 1901. My Great-grandparents settled in a German speaking community in Canada and loved this bread served with homemade worst (sausage) and sauerkraut. My Grandmother gave me the recipe.
SWEDISH PANCAKES

Grace Price

4 large eggs (5 or 6 small) 1 teaspoon salt
1 cup flour 1 cup milk
1 tablespoon sugar
(Serves 4—or maybe only 3)

Beat eggs, add flour, salt and sugar. Beat smooth, add milk and blend well. Prepare griddle, medium hot, an 8-inch griddle with well turned up edge is best. A 9-inch size will do. A ¼ cup measure, scant filled, is about the right amount of batter for one pancake. Pour on, tilting griddle back and forth until covered. As edges brown slightly, cut through center and fold each half over and remove to plate, or warming pan. With various fillings, or toppings, these may be served for any meal, main or dessert course. For a crowd, provide a variety. Some favorites are link sausage (roll pancake around the sausage), cottage cheese, shredded cheddar cheese, sour cream and cinnamon sugar, syrup, honeybutter, jelly or jam, and creamed tuna fish.

This was a favorite for family and friends in the home of my mother's parents in Malmo, Sweden. She started making them in her own home here in 1900. Her children and grandchildren all consider them special. Our problem—as the family increases—is finding the best kind of griddle.

AUNT SARAH’S SODA CRACKERS

5 cups flour ½ teaspoon salt
½ cup lard water
½ teaspoon soda


CORN CAKE

Lina Barkdull

1½ cups cornmeal 1 tablespoon melted shortening
½ teaspoon salt 1 egg well beaten
1 teaspoon sugar 1/3 teaspoon baking soda
3/4 cup buttermilk ½ cup sweet milk

Sift together the cornmeal, salt and sugar and pour into the buttermilk with soda stirred into it. Add shortening, egg and turn into a well-greased sizzling-hot skillet. Pour the sweet milk over very gently. Bake 30 minutes in a moderate oven (400°). When done, the cake will have good top and bottom crusts and a creamy layer in the middle.

93
MUNELA

Anita Martinez
Ogden

3 cups regular all-purpose flour          ½ teaspoon shortening
2 teaspoons salt                          1 ½ cups water
1 teaspoon baking powder

Sift flour, measure then sift again with salt, baking powder. Then measure your water. Mix all ingredients together, place dough in pan and roll out like tortillas. Put in pan and fry until brown.

Munela is an old recipe passed down for many years. It is an old recipe that my grandmother made and showed my mother how to make and now the children make it. Munela is a bread.

RICE MUFFINS

Valois B. Smith

1 cup boiled rice                     5 tablespoons melted butter
1 cup sweet milk                      ½ teaspoon salt
2 eggs well beaten                    1 tablespoon sugar
3 teaspoons baking powder            1 ½ cups flour

Mix into soft batter which will drop from a spoon into muffin tins.
TORTILLAS
Ernestine Gonzoles
Ephraim, Utah

2 cups flour
2 teaspoons baking powder
1 teaspoon salt
2 tablespoons melted lard

Enough water to make a dough that can be rolled out. Cover and let stand for at least an hour. Form in small balls, pat or roll out. Grease a grill with lard and heat to medium heat. Cook tortillas on grill.

For enchiladas, use less baking powder and double amount of shortening and roll very thin.

Ernestine learned how to make tortillas from her mother, Lugarda Suazo from Gallina, New Mexico.

MILK TOAST
Martha Clark

Cut the bread in thin slices, pare off the crust and toast carefully until a golden-brown hue. Butter it lightly while hot. Have ready a teacup of milk that has been slightly thickened with a teaspoonful of flour and salted to taste; pour this hot over the toast and serve at once.

SOPAIPILLA

INGREDIENTS:
1 cup warm water
4 cups of flour
1 teaspoon of salt
1 teaspoon of baking powder
2 tablespoons of shortening
1 1/2 eggs
3/4 cup of sugar
1 teaspoon of vanilla

Thoroughly mix dry ingredients, then add shortening and mix until it is thoroughly dissolved. Slowly add about one cup of warm water and knead until smooth. Your dough then should be about the consistency of “pie dough,” or possibly a little stiffer. Cover the dough with a damp cloth and let rise for about an hour.

For cooking: Roll out very thin, about 1/32 of an inch, then cut into rectangular strips of about 3 x 4 inches. Cook in deep fat, shortening or oil, at about 400°. Cook as you would with doughnuts, immersing and turning until a golden brown. Serve hot with butter and honey.

NOTE: The sopaipillas puff up as they are cooked. If they do not puff sufficiently it is either that the oil or shortening is not hot enough, or the dough was not rolled thin enough.
BOILED SALAD DRESSING

Lue Oldroyd
Lyman, Utah

Mix into a smooth thin paste with cold water
2 tablespoons flour 1/3 teaspoon salt
1/2 teaspoon mustard 5 tablespoons sugar

Pour over this 3/4 cup boiling water and 1/3 cup of moderately mild vinegar. Boil 3 minutes. Then add quickly 3 eggs beaten very light and stir and let boil gently about 2 minutes while stirring. Remove from heat and chill. When ready to serve combine with an equal amount of whipped cream.

SLAW DRESSING

George G. Snyder
Park City, Utah

1 tablespoon salt 1 tablespoon flour
2 teaspoons mustard 4 egg yolks
6 tablespoons sugar 5 tablespoons butter, melted
Few grains, cayenne 1 1/2 cups milk
1 teaspoon celery seed 1/2 cup vinegar

Combine all ingredients except vinegar and cook over low heat until mixture thickens, stirring constantly. Add vinegar, blend well, chill. Yield: 2 cups.

HOME MADE MUSTARD

Rosa Rencher Nelson
Washington County

3 tablespoons dry mustard 3 tablespoons hot vinegar
1 tablespoon flour 1 tablespoon oil or margarine, melted
1 tablespoon sugar 1/4 teaspoon salt

Combine ingredients and mix well.
GRANULATED SOAP

1 can lye
7 cups cool water
5 pounds clean warm grease

½ cup borax
½ cup ammonia
½ cup clorox

Combine lye and water in an enamel vessel. Stir with a wooden stick or spoon to dissolve. Add grease and stir well to blend. Add other three ingredients in order named. Stir gently for about 15 minutes. Stir often, but not steady. As soap solidifies stir a lot to break up lumps. Second and succeeding days stir several times a day. Age one month before using.

Other soap recipe on lye can.

CRUMBLE SOAP

Elba Hanks Brown
Grantsville, Utah

2 quarts rendered fat
1 cup ammonia
1 can lye

1 cup borax
3 quarts water

Add lye to water and stir until cool. Add warm fat, ammonia and borax. Stir 15 minutes. Then stir every little while the first day. Keep stirring every day until good and dry. It takes about a month to dry. If grease is fresh, add a handful of salt with the fat, ammonia and borax.
Miscellaneous Recommendations

A few special “recommendations” taken from many sources – Hope they’ll be taken very lightly.

Fainting: Lay patient flat on back, with head lower than body. Loose dress. Apply salts to nostrils, or if they are not at hand, burn a rag under the nose; dash cold water in face; give fresh air.

Bleeding: The best thing to stop bleeding of a moderate cut, instantly, is to cover it profusely with cobwebs, or flour and salt, half and half.

Bad breath “Take after each meal a teaspoonful of the following mixture.” Chloride of soda 1 oz., liquor of potassa 1 oz., phosphate of soda 1½ oz., water 3 oz. Edison’s encyclopedia

Coffee substitute excellent
Dandelion root, dug when in flower, chopped up and browned in oven, and ground coarsely.

Beet Root Coffee
From the yellow beet root, sliced, and dried in an oven & ground with a little foreign coffee.

Cancers “A recipe worth a fortune: Cancer or cancerous sores and cutaneous affections if taken nine times out of ten may be cured by the use of red clover tops, to be used in the manner of tea. To be drank freely during the day, & wet a cloth in tea and apply to cancerous growth.”

Sarsaparilla – Fluid extract of jamaica sarsaparilla, “3 ounces fluid extract stillingra 3 ounces, fluid extract yellow dock, 2 ounces, fluid extract may apple 2 ounces; sugar 1 ounce; iodide of potassium, 90 grains; iodine of iron, 10 grains Mix, bottle, and cork tightly”

Sparrows “How to capture & exterminate: Soak a pint of wheat, in diluted whiskey or alcohol for some hours, then dust with sugar or flour, and place the same where the birds can have free access to it. When the birds become stupidified capture and cage them. When sobered up, they may be made to pay for their keep by converting them into a pot pie. Snowbirds, and blackbirds, especially, make a toothsome dish.”
Brights Disease “One half ounce sweet spirits of nitre, one-half ounce spirits of turpentine, one half ounce oil juniper, one half-ounce alcohol. Mix. Dose, ten to twelve drops on lump of sugar” Hall’s journal of Health

HOUSEHOLD DISCOVERIES

For Neighbors Hens

Take some kernels of corn. With a darning needle bore a hole in each of them; tie a string about 12 inches long to them; on the other end of the string tie a common shipping tag on which is written, “We are at neighbor John’s; their chickens are locked up, but we had lots of fun scratching out the sweet corn and other nice seeds in his newly made garden”. Now throw this corn where the chickens will get it; they will swallow the corn, but not the tag. The owner will see the tag and read it. The warning will, if anything, cause him to keep his hens at home.
Additional Recipes
The cover was created by Jeanne Dalley,
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