Dining in Kentucky is an art....

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The Historic Kentucky Kitchen

Deirdre A. Scaggs and Andrew W. McGraw

Foreword by John van Willigen
2 eggs
2 Zucchini (cut in slight bias ¼ inch)
2 Tomato (¾ inch slices) pepper to taste
¼ cup finely chopped red onion
5 anchovy fillets
2 Tbsp red wine vinegar
¼ cup fine chopped parsley
6 Tbsp olive oil

Sprinkle onion on tomato slices Zucchini in boiling hot water 1 min & 2 minutes
Cockeys in quarter garnish fillets between eggs Sprinkle with vinegar parsley and oil
Spice Tea for Two
juice of one orange
1/2 cup sugar
1 teaspoon tea
steep in 1 pint boiling water
1 teaspoon whole cloves
steep in 1 pint boiling water—also
1 stick cinnamon
Add water to make
2 quarts tea
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leaspomp of Pronti baking panate. Tamp bath
2 cups white. Coffee of the 12 divided into 4 cups
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Sweet Breads.
Put three into hot water and let them stand awhile, then put them in a strainer, from being hot or cold, and as soon as they become white and firm, throw them into cold water; take them, then put them in the stewpan with a piece of bacon, salt, carrots, onion, and a few herbs. Then add a little handful of water and heat them well covered. Let them stand slowly. Then take out the sweet breads, throw the gravy and pour over them. This quantity of an hour is sufficient to cook them.
Mrs. Hendry.

Another.
Put your sweet breads in a stewpan of boiling water for five minutes to warm them; then take them out and put them in a pan of cold water. When cool, take them out and drain and wipe dry. Put a tablespoon of butter in a stewpan, add a tablespoon of flour in it, stirring it all the time until it becomes. When sweet breads are well baked, then in a kettle, put them in the stewpan with butter and flour, and throw them; then add half pint of water, and then slowly throw quarter of an hour. Over the stewpan put some parsley. Then pour over them.

Finally.

Fried Breads.
Cut up the chicken, wash them well, dry in a towel, season with pepper and salt, and dust a little flour over them; put them in a frying pan with boiling hot oil; when they are brown, then put cream into the pan with a little parsley, and if the gravy is not thick enough, add a little flour.

Mrs. Hendry.

Stuffing for chicken or veal.
Grind stale bread, mix with some butter, use a little warm water to moisten; chop a little onion, put in pepper and salt to your taste, and stuff the chicken with some cheese, put in the stuffing and then put in the oven.
Tomato Aspic Salad

1 can 7 tomatoes
4 green peppers
2 good size onions

1 pt. 1 mayonnaise

1 box 1 green onion, sliced thin
1 cup 1 chicken broth

Mix all together and let sit on ice.

Brown Bread

1/2 cups buttermilk
1/2 teaspoon soda
1 scant cup molasses or brown sugar
3 cups graham - measured after sifting

Mix all ingredients, then add flour
Grease 3 pans - fill 2/3 full - set in
pan with about 1/4 in water - cover
Steam 2 1/2 hrs. Dry cane in oven.
Lemon Custard Pie
3 Eggs 1 tablespoonful Sugar
2 heaping "... flour
1 pint Sweet Milk
1 tablespoonful Lemon
This [food culture] is part of our collective memory

Publishing manuscript recipes puts them in the hands of many

Generates awareness and interest in culinary history

Preserves the bits of everyday life