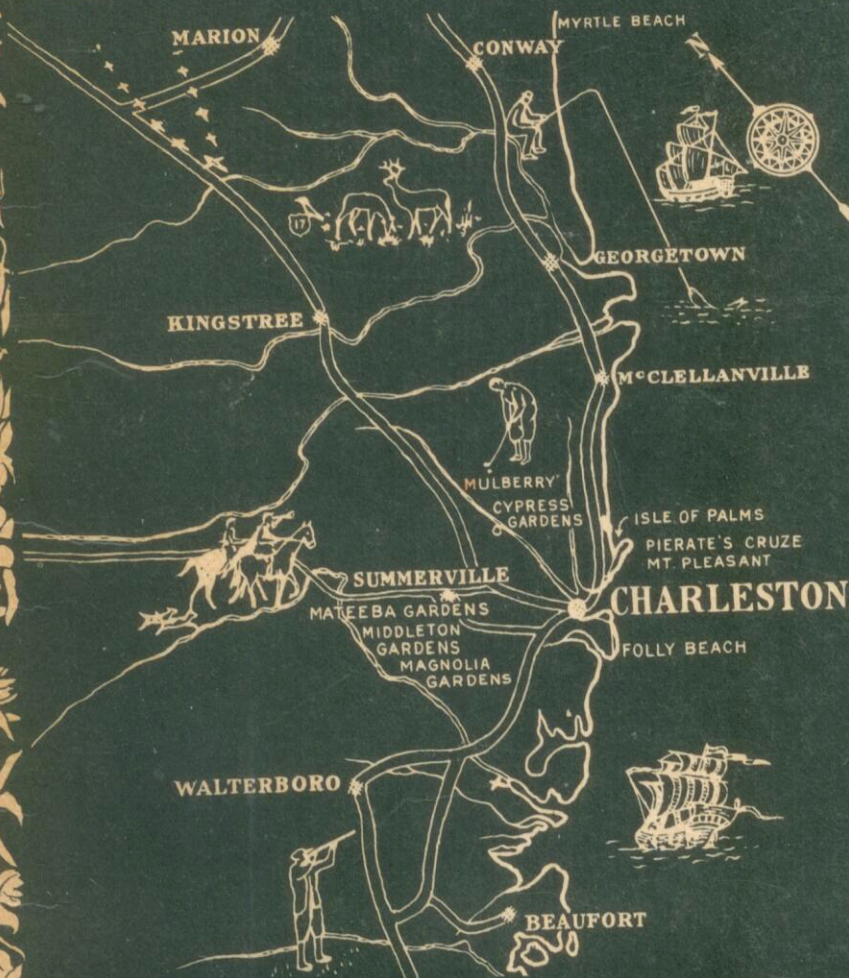




CHARLESTON



A. J. L. A. N. J. C. O. C. E. A. N.

RECEIPTS



*Proceeds from the sale of CHARLESTON RECEIPTS go to
the Junior League School of Speech Correction,
where children with speech and hearing
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CHARLESTON RECEIPTS

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THE JUNIOR LEAGUE

OF

CHARLESTON

1950

Receipt vs. Recipe

Throughout this book, as you will see,
We never mention *recipe*,—
The reason being that we felt,
(Though well aware how it is spelt!),
That it is modern and not meet
To use in place of old *receipt*
To designate time-honored dishes
According to ancestral wishes.

L. F. K.

COOK BOOK COMMITTEE

The Sustaining Members of the Junior League of Charleston

EDITORS

Mary Vereen Huguenin

Anne Montague Stoney

Foreword

There was a time when folks had cooks,
Who never did depend on books
To learn the art of cooking.

The help knew all the tunes by ear,
And no one dared to interfere;
They brooked no overlooking.

But times have changed, for worse we fear,
Housewives handle the kitchen ware,
And must learn how to cook.

With that in mind, we've dug and delved,
And unearthed treasures long been shelved,
And placed them in this book.

It represents a world of toil,
And burning of the midnight oil;
Correction and suggestion.

At long last it's completed now,
And offered with the hope, somehow
'Twill aid to good digestion.

People have been more than kind,
In writing us on what they dine,
And just how you should cook it.

If at times a family tree,
Has intruded for all to see,
Why you must overlook it.

Gifted artists have unstinting,
Lent their works for our printing
In this volume new.

You may feast your eyes while reading
Some receipt you may be needing,
For the punch you wish to brew.

The proceeds from this book will go,
To the League's Speech School, you know;
That is why we sell it.

'Twas lots of work, but a lot of fun,
And if you think our book's well done,
Don't hesitate to tell it.

A. J. S.



MENUS



Dis-yah de way de buckra like he bittle su'b-tuh-um.

Charlestonians dine at two o'clock,
An early English custom.
(Suggestions that they dine at eight
Apparently disgust 'em!)
But call it dinner, supper, lunch,—
The hour does not matter,—
Sometimes the strain of planning meals
Can cause the nerves to shatter!
These menus, planned for eating, drinking,
Will spare you hours of painful thinking!

"TWO O'CLOCK" DINNER

She-Crab Soup (p. 304) or Carolina Crab Soup (p. 34)
Chicken with Brandy (p. 96) Rice (p. 129)
Spinach Soufflé (p. 151) Best Beets (p. 142)
Muffins (p. 164)

Plain Whole Artichoke Pickle (p. 275)
Wine Jelly (p. 204) Benne Wafers (p. 246)

Shrimp Cocktail with Sauce (p. 78)
Lavington Plantation Wild Duck (p. 113) Wild Rice Casserole (p. 135)
Spiced Grapes (p. 279)
Boiled Red Cabbage (p. 144) or Beets with Orange Sauce (p. 143)
Celery and Green Olives Rum Bumble (p. 200)

Brown Soup (p. 39) Shrimp Supreme (p. 59)
Rice Ring (p. 134) Green Peas (p. 155)
Biscuits (small) (p. 158) Syllabub (p. 191)

Okra Soup (p. 42 or p. 305)
Ida's Broiled Chicken (p. 96) or Chicken Hemingway (p. 96)
Rice (p. 129) and Gravy (p. 96) Candied Sweet Potatoes (p. 149)
Spinach in Cream (p. 153)
Fig Ice Cream (p. 209) Lemon Cookies (p. 257)

Shrimp Soup (p. 34)
Fillet of Veal (p. 90) Rice (p. 129) and Gravy (p. 311)
String Beans with Almonds (p. 142)
Fresh Corn (cut off cob, with diced green pepper)
Magic Butter Rolls (p. 171) Chow-Chow Pickle (p. 283)
Lemon Ice Cream (p. 211) Rum Cookies (p. 253)

Crab Cocktail with Sauce (p. 78)
Baked Lamb Steaks (p. 93) Rice Croquettes (p. 133)
Succotash (p. 148)
Rolls (p. 171) Apple Meringue (p. 197)



Mrs. Alston Pringle's Mock Terrapin Soup (p. 40)

Channel Bass (p. 73)

Scalloped Irish Potatoes and Onions (p. 149)

New Cut Plantation String Beans (p. 142)

Cole Slaw with Cream Dressing (p. 183)

Pineapple Fritters with Sauce (p. 207)

Crème Vichyssoise (p. 46)

Shrimp Croquettes (p. 55)

Ring of Red Rice (p. 130 and 134) with Green Peas in center

Middleburg Plantation Corn Pudding (p. 143)

Chopped Artichoke Pickle (p. 275)

Grandma's French Biscuits (small) (p. 159)

Pineapple Sherbet (p. 216) (double receipt) in melon mold, surrounded by pitted black cherries, with fresh green seedless grapes at each end of platter

LUNCHEON OR SUPPER

Mrs. C. C. Calhoun's Chafing Dish Oysters (p. 67)

Green Salad with Minute Egg Dressing (p. 181)

Waffles (p. 172)

Rum Pie (p. 228)

Cream of Spinach Soup (p. 44)

Hunter's Chicken (p. 99) and Rice (p. 129)

Mixed Green Salad with French Dressing (p. 182)

Rolls (p. 313)

Lemon Pudding (p. 191)

Creamy Fish Chowder (p. 37) (served from tureen)

Grapefruit and Avocado Salad with Grapefruit Dressing (p. 181)

Cheese Daisies (p. 159)

Pecan Pie (p. 225)

Oysters and Sweetbreads in Patty Shells (p. 69)

Spoon Bread (p. 314)

Asparagus Mousseline (p. 178)

Southern Spicy Gingerbread with Lemon Sauce (p. 205)

Cypress Gardens' Egg Plant and Cauliflower (p. 312) (first course)

Veal Paté (p. 104)

"Crowded House" Cucumber Salad (p. 173)

Biscuits (p. 158)

Chocolate Soufflé (p. 203)

Chicken Croquettes (p. 100)

Hominy Surprise (p. 128)

Mixed Green Salad with Anchovy Dressing (p. 183)

Chopped Artichoke Pickle (p. 275)

Orange Ice and Vanilla Mousse (p. 215)

Mocha Cakes (p. 232)

Chicken Tetrizzini (p. 98)

Ring of Cucumber Jelly (p. 176); center filled with Purple Cabbage Slaw and Cream Salad Dressing (p. 183)

Biscuits (p. 158)

Mrs. Dill's Bucket Dumpling (p. 206)

Crème Vichyssoise with Curry (p. 46)

Fiddler's Green Stuffed Avocados (p. 173)

Hot Rolls (p. 170)

Peppermint-Stick Ice Cream (p. 211)

Chocolate Sauce (p. 218)

Iced Spinach Soup (p. 45)

Meeting Street Crab Meat (p. 64) in individual baking dishes

Hearts of Artichoke Salad with Bahamian Salad Dressing (p. 180)

Sherry Tarts (p. 229)



BUFFET SUPPER OR LUNCHEON

Low-Country Oysters with Mushrooms (p. 69) and/or
Baked Ham with Ham Paste (p. 110)
Red Rice (p. 130) Green Tomato Chow-Chow (p. 283)
Mixed Green Salad with Roquefort Dressing (p. 182)
Hot Rolls (p. 313) Angel Food Charlotte Russe Cake (p. 192)

Buffet Supper Shrimp (p. 57) and/or Chicken Mousse (p. 101)
Asparagus Casserole (p. 140)
Tossed Green Salad (p. 174) with Aunt Em's Salad Dressing (p. 183)
Hot Rolls (p. 170) Hampton Polonaise (p. 190)

Jellied Chicken Loaf (p. 102) and
Deviled Crabs (p. 307) or Shrimp Salad (p. 174)
Picnic Pride Rice (p. 134)
Whole Tomatoes filled with Chopped Celery, Green Pepper, Mayonnaise (p. 180)
Cold Asparagus on Lettuce, French Dressing (p. 182)
Cheese Biscuits (p. 303) Lady Baltimore Cake (p. 230 or p. 318)

Jellied Daube Glacé (p. 103)
Carolina Deviled Sea Food (p. 60)
Tomato Aspic Ring (p. 177) (double receipt) with Mayonnaise (p. 180)
Curried Rice (p. 132)
Grandma's French Biscuits (p. 159) Huguenot Torte (p. 194)

Popham Shrimp Pie (p. 51) Baked Ham (p. 89)
Tossed Green Salad (p. 174) with French Dressing (p. 182)
Garlic French Bread (p. 314) Coffee Mousse (p. 215)

Chicken Country Captain (p. 309) and/or Ham Mousse (p. 102)
Rice (p. 129) Fruit Salad (p. 315) Rolls (p. 171)
Angel Ice Box Cake (p. 194) or Baba au Rhum (p. 199)

Sullivan's Island Shrimp with Rice (p. 307)
Beef à la Mode (sliced and cold) (p. 81)
Mixed Green Salad with French Dressing (p. 182)
Rolls (p. 170) Watermelon Balls with Raspberry Ice (p. 218)

Shrimp Curry (p. 57) Rice (p. 129)
Green Tomato Pickle (p. 282) Corned Tongue (p. 85)
Tossed Green Salad (p. 174) with French Dressing (p. 182)
Magic Butter Rolls (p. 171) Charlotte Russe (p. 193)