

'N
OZARK
COOKIN'
BOOK



50¢
HUMY & BRIDGES
514 Frisco
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50¢

'N OZARK COOKIN' BOOK

Coпр. Sue Bridges & Frances Humy 1965

Being from the "heart of the Ozarks", let me explain to my city friends, that back here, we too wear shoes; we "eat out of a can" now, just like they do; we have deep freezes, super-markets, TV dinners, cake mixes, and basically cook like any other American homemaker.

This booklet, it's meals and recipes (receipts) were collected from the memories of old timers who actually did cook this food as described.

The true, so-called, Ozark Hillbilly lived, as the name implies, deep in the hills, and got to town seldom. Whey they did, they had little money for store bought groceries.

I must admit, occasionally, a true, old-fashioned "Hill William" (as I once heard a city lady call them) can still be found.

This booklet is being written to show the ingenuity of "making do with what you got". All Americans take pride in that quality.

A TYPICAL MEAL

Green beans 'nd hamhock, onion 'n 'tators, served with fried biscuits 'n cottage cheese.

(This was often used on washday, because a big outdoor fire was going, to boil the wash water, and it could be used to be cooked over while the clothes were being scrubbed. The cottage cheese could be kept for several days, so it would be prepared in advance. The beans would have been picked and snapped the day before, so the only thing to take up washing time was the bread.)

Pick the green beans; wash 'em good, makin' shore ya git all the bugs off'n 'em. Snap 'em, 'n pit 'em in a big kittle.

Whittle off all the good ham from a hock, 'nd save back. Pit tha fat, bone 'nd skin in tha kittle with tha beans.

Add 2 er 3 small onions, salt 'nd pepper; kiver 'em with water, 'nd cook slow fur a whilse. Later, pit in sum 'tators 'nd finish cookin'.

FRIED BISCUITS

Take 'n sift 2 cups a flour with a big pinch a sodie, a little pinch a salt. Add bout a cup a sour milk, 'n mix. Kinda knead hit a little bit then pull off egg sized balls. Then you jist pull 'em out til they'se bout 3 inches long, 'n drop 'em in hot grease 'n fry til they's dun.

Be shore 'n check yore flour, 'nd sift hit, to make shore thet there hain't been no bugs got in hit since you'ns had the miller grind hit fur you.

The only thing's wrong with fried biscuits is thet they ain't too good cold, so don't cook more'n you'd eat in one settin.

COTTAGE CHEESE

Skim yore milk, 'n sour hit. Then cook hit til curds form. Wash hit real good, 'nd let hit drain 'nd cool by hengin' hit, all tied up in a clean rag, on the fence.

When hits cool, you kin pour sum good cream over hit, if'n you got hit to spare. Add nuff salt 'nd pepper to suit yore family.

(In the winter, fresh salad stuffs were not available, so in their place cottage cheese, onions, kraut, pickles, and the like were eaten.

A good dinner is fried sowbelly
'n greens, with fried cornbread.

FRIED SOWBELLY

Slice dry salt pork, 'nd bile hit
in a little water. Dry hit off,
'n roll hit in cornmeal. Fry hit
in a skillet with sum hog lard.

GREENS

Pickin' greens to eat now, 'n to
can fur later, is a right regular
springtime chore. Larb's quarter,
polk, 'n mustard air a few a tha
wild greens. Jist use any thet
you kin git.

When you'ns go to git yore greens,
you'll find they're alot tenderer
if'n you git up early 'n go afore
hit gits hot.

Wash 'em good, 'n be shore to look
fur worms on the under side of tha
leafs. Pit 'em in a pot, 'n kiver
'em with water. Pit in sum grease*
(sausage grease is 'specially good)
'n sum salt. Cook 'em til they's
tender.

*(Grease, drippin's and seasoning
seem to mean the same. They arc
from any fried pork.)

CORNBREAD

Always git white corn ground, cause
cornbread made with white corn is
best ausin' buttermilk. Yellar
cornmeal is best with sweet milk,
'nd you ain't always got hit.
Sift a cup a cornmeal, a cup a
flour, a pinch a salt, 'nd 2 pinches
a sodie. Sift hit good, cause like
I 'un said, weavles will git in hit.
Pit in yore milk 'nd a little grease.
Mix hit up, 'nd bake in a hot oven.

FRIED CORNBREAD

Mix hit up like you was agoin' to
bake hit, but stead a pittin' hit in
a pan, you jist drop hit, a spoon at
a time, on a got griddle. Fry.

(Store-bought bread is rare, so
bread is home baked, or fried, once
a day. Biscuits and cornbread were
the usual. Yeast breads were baked
once in a while.)

CORNBREAD PUD'N

is a good way to haf cold cornbread.
Crumble hit up, 'nd add water 'nd
a spoon a grease drippin's 'nd bake
til hit is brown.

But cold cornbread is good most any-
ways. In sweet milk, with a little
sweetenin', or with hot gravy over
hit (bacon gravy is best).

BUTTERMILK BISCUITS

Jist like fried 'ns, 'cepten you work in 'bout 3 spoons a lard with yore fingers. Pit sum flour on tha doughboard 'nd kinda knead hit a little bit. Roll hit out, 'nd take a little jar 'nd cut out biscuits. Melt a bit a lard in yore pan, 'n kind-asop yore biscuits 'round in tha lard, on both sides, 'nd lay 'em in. Bake 'em in a pretty hot oven til dun.

When you live in tha hills, you gotta haf a big breakfast 'cause you git up early 'n milk 'nd do tha tuther chores like sloppin' tha hogs 'n feedin' tha chickens afore you eat. By tha time breakfast is on, you've worked up a real hunger. You git dun eatin' bout 5:30, 'nd you'd git dinner fur noon, 'nd fur supper you'd jist haf leftovers or what's all ready cooked, so's you don't haf to het up the stove agin. Supper's et after the night chores air dun, 'nd jist afore agoin' to bed.

Yore left over spileables must be et the same day as cooked, so's when dinner is dun, you kin jist leave 'em on the table, 'nd kiver 'em with a clean feed sack, so's flies cain't git in to 'em.

'TATORS

When cookin' 'tators, always fix nuff so's there'll be sum left. Don't take much more time, 'nd they kin be fixed so many ways. 'n always save the water they's cooked in, 'cause when the cow goes dry, 'nd we hain't got no milk, we use the 'tator water jist liken hit was milk. Use hit fur makin' gravy or anything else.

'TATOR FRITTERS

Fix up yore left-over 'tators into cakes: Mix up yore 'tators with 'n egg 'nd a little flour, 'n a little milk. Fry on the griddle til brown.

TURNIPS

Cook jist liken they was 'tators. Peel 'em, 'nd slice 'em up. Bile 'em in water with salt 'n pepper 'n grease.

BAKED SWEET 'TATORS

kin be baked 'nd kept, 'nd re-het. You jist dig up the 'tators frum the "winter hole". Wash 'em off, 'nd grease 'em. Pit 'em in tha oven when tha far's kind-a died down, 'nd bake slow. To eat 'em, jist break 'em open 'nd salt 'n pepper, 'n butter 'em. (Iffen you hain't got butter, sorgum is good.)

Now, when you know you're gonna
haf company come in 'n eat, fix:

CHICKEN 'N DUMPLIN'S

Watch the ole hens til you find one
thet ain't been alayin' too good.
Kill 'n dress hit. Pit hit in a
big kittle with nuff water to kiver,
'n bile hit til tender. Keep hit
abilin', 'nd drop in dumplin's:
Stir up 2 cups a flour, 'n a pinch
a salt with 2 spoons a lard. Add
'n egg 'n sum milk. Roll hit thin,
'n cut in strips. Drop in the bilin'
chicken broth 'n bile til tender.

Jist after butcherin' fix 'em:

BACKBONE 'ND KRAUT

Bile yore backbones til tender 'nd
add kraut 'nd cook til the kraut
is seasoned. You kin do ribs that
same way.

Or you kin make dumplin's 'nd drop
'em in with tha ribs when they's
dun. You cain't pit dumplin's in
backbones cause of slivers, tho.

Fur sweets ya kin haf

SORGUM 'ND SUET PUD'N

Mix a cup a suet, a cup a sorgum,
a cup a raisins, a cup a sour milk,
'nd 2 pinches of sodie. Stir til
hit foams 'n add nuff flour to make
a stiff batter. Steam hit til dun.

BISCUIT PUD'N

Crumble up yore biscuits, 'nd take
'n egg 'nd nuff milk to soak up
tha biscuits, 'nd mix hit up good.
Pit sum sugar 'nd cinnamon in hit
'n bake.

Be keerful bout how'n you save
yore biscuits. Be shore 'nd pit
'em in a store'n place where's
mice cain't git to 'em.

VINEGAR PIE

Mix a cup a sugar, 2 spoons a
vinegar, 2 eggs, a cup a water, 2
spoons a flour 'nd bout haf a
spoon a lemon flavorin'. Pit hit
in a pie crust, 'nd bake hit in
a hot oven, but then let yore far
die down a little 'nd bake hit
til hit's dun.

CHERRY DUMPLIN'S

Drop jist plain old dumplin's in
bilin 'n sweetened cherries. Cook
fur bout 10 minutes.

After all this bout cookin', 'nd
afore I finish up, jist one word
bout yore dishwater....Ya kin
throw hit out tha back door. The
chicken's 'll eat up what's in hit.
(If'n they git the scours, you've
pit too much lye in yore soap, 'nd
you haf to quit feedin' hit to 'em
fur a bit.)

(I feel like this cooking book could go on indefinitely. The more time I spend, the more I find out how brilliant the Ozark Hill Women are, and I hope this has put across this fact.

Can you imagine going into your kitchen, with today's modern conveniences, but only the food-stuffs they used, and cook for your family? Frightening, isn't it?

And as I said earlier, there are still a few true Ozark Hillbillies to be found, if you drive far enough down in the hills.

Please come and see for yourself. I'm sure you'll enjoy it, but I won't promise that you'll find a house without a TV antenna on the roof....

Published in the Ozarks,
by Ozarkians.