

*The Kentucky Explorer & And Our Readers Bring You*  
**Old-Time Recipes To Enjoy**  
*Conducted By Donna Hayes & Darlene Johnson*

### Potato Balls

Mix mashed potatoes with the yolk of an egg. Roll them into balls, flour them, or cover them with egg and bread crumbs, and fry them in clean drippings; or brown them in a Dutch oven.

### Succotash

One cup stewed or canned corn, four-fifths cup of lima beans, one and one-half tablespoons butter, and one-half teaspoon of salt. Soak lima beans one hour or more in cold water, drain them, and add one quart of hot water. Cook until almost tender. Add the salt and finish cooking. Allow the liquid to evaporate before removing from the stove. Add the corn, butter, and salt. Reheat and serve.

### Rich Baked Apple Pudding

Half pound of the pulp of apples, half loaf sugar, six ounces of butter, the rind of one lemon, six eggs, puff paste. Peel and core and cut the apples as for sauce, put them into a stew pan, with only just sufficient water to prevent them from burning and let them steep until reduced to a pulp. Weigh the pulp; and to every half pound add sifted sugar, grated lemon peel, and six well-beaten eggs. Beat these ingredients well together, then melt the butter, stir in to the other things, put a border of puff paste round the dish, and bake for more than half an hour. The butter should not be added until the pudding is ready for the oven.

### Baked Apple Dumplings

Make in the same way, using a soft dough, place in a shallow pan. Bake in a hot oven, and serve with cream and sugar, or place in a pan which is four or five inches deep (do

not have the dumplings touch each other), then pour in hot water, just leaving top of dumplings uncovered. To a pan of four or five dumplings add one teacup of sugar and half a teacup of butter. Bake from half to three-quarters of an hour. If water cooks away too much add more. Serve dumplings on a platter and the liquid in sauceboat for dressing. Fresh or canned peaches can be made the same way.

### Stewed Cabbage

One medium-sized head of cabbage, one tablespoon of butter, and one teaspoon of salt. Remove the out-



Christine McGlone, 1105 N. State Highway 7, Grayson, KY 41143, shares this photo of Martha Ann Kibbey Everman Patton, born 11/7/1828, with her second husband, George Patton, taken in the late 1800s. Place of photo not given.

side leaves of the cabbage, cut into quarters and chop, not too finely. Put to soak in cold water for a half hour or more, if possible. Toss into boiling, salted water, and cook uncovered for twenty minutes to one hour; the time varying according to the age and condition of the cabbage. Toward the latter part of the cooking, allow most of the water to evaporate. Season with butter, allowing one tablespoonful to a pint of cabbage.

### Cornmeal Griddle Cakes

One cupful cornmeal, two cupfuls water, three tablespoons fat, one cupful sour milk, one cupful flour, one teaspoonful salt, one-half teaspoonful baking soda, two and one-half teaspoonfuls baking powder, and one to two tablespoons sugar. Add the cornmeal to the water, mix thoroughly, and cook five minutes. Add the fat. Then add the milk and dry ingredients. Mix thoroughly. Drop at once on a hot griddle.

### New Peas and Potatoes

One pint of shelled peas, one pint of new potatoes, one and one-half cups of milk, two tablespoons of butter, two tablespoons of flour, and one teaspoon of salt. Cook the shelled peas until tender. Scrape the new potatoes and put to cook in sufficient boiling, salted water and cover. When tender, drain and dry by shaking gently over the flame, and add the peas. Prepare white sauce to pour over this. Let cook a few minutes before serving.

### Old-Fashioned Hickory Nut Cake

Cream half a cup of butter with three-fourths cups of sugar; add one beaten egg and a cup of sour cream in which has been dissolved one level teaspoon of baking soda. Flavor with nutmeg. Add just enough flour to make a dough that will roll out into a thin sheet. Divide into two parts; over one-half spread a layer of finely chopped dates, lay the other sheet of paste on top, press lightly together, and cut into round or square cake. Bake in a hot oven.