

Old Fashioned Recipes



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Sweet Potato Biscuits

From Woman's World magazine, 1919

1 cup mashed sweet potato
1 1/2 tablespoons shortening
1 tablespoon sugar
1 egg
1/2 yeast cake
1 cup milk
Flour
Pinch of salt

Scald milk and cool to luke-warmth, then dissolve in it the yeast cake and add the shortening. The potato should be freshly boiled and mashed free from lumps. Add to it the milk mixture, then the egg, and enough sifted flour to make a very stiff dough, one that can just be stirred.

Cover and set in a warm place for three hours, add enough flour so that the dough can be rolled out.

Work lightly for two or three minutes on the bread board, roll out to an inch thickness, cut out and place in pan far enough apart to let the biscuits swell

while baking. Cover and let rise for two hours, then bake for 30 minutes in a quick oven. (400 degrees)

French Chops

1 pound chopped beef, veal, pork or mutton
2 eggs
1/2 cup bread crumbs
Salt and pepper
Frying oil or other medium

Season the meat with salt and pepper and add one beaten egg. Shape the meat into 6 patties.

Beat the other egg and add a teaspoon of milk. Dip chops first in this, then in the crumbs, and repeat until well-coated. Refrigerate for one hour.

Fry until cooked thoroughly through and nicely browned. Good served with country fried potatoes, which are just boiled potatoes cut in rather thick slices and fried.

Cream Puffs and Filling

Cream Puffs

1 cup boiling water
1/3 cup butter or vegetable fat
1 cup pastry flour
4 eggs

Boil the water and butter together in a saucepan. Sift and add the flour and stir until the mixture leaves the sides of the pan clean.

Remove from the heat, cool, then add the eggs, unbeaten, one at a time. As each egg is added the mixture will appear rather sticky and unmanageable,

but a little beating quickly incorporates the egg into it.

When all of the eggs are beaten in, drop the mixture by tablespoons, three inches apart on a greased baking sheet and bake for 30 minutes in a moderate oven - 350 degrees F.

The above quantity will make about 10 cream puffs.

Cream Puff Filling

4 tablespoons sugar
3 tablespoons flour or cornstarch
1 cup milk
1 egg
1/2 teaspoon vanilla extract
1/8 teaspoon salt

Blend the sugar and flour or cornstarch in a bowl, pour the milk which has been scalded, over these, stirring constantly.

Return to the saucepan, cook until thick, add the eggs slightly beaten and the salt and cook one minute longer.

When cool, add the vanilla and use as a filling for the cream puffs, making an incision in the sides of these and removing any soft portions which may be in them, before putting in the filling.

Cream of Pea Soup

2 cups or one can peas
2 teaspoons sugar
2 cups water
1 1/2 cups scalded milk
1 slice onion
1 1/2 tablespoons butter

2 tablespoons flour
1/2 cup hot cream
1 teaspoon salt
1/8 teaspoon pepper

Peas that are too hard to serve as a vegetable may be used for soup. Cover them with the cold water and cook until soft. Rub through a sieve, reheat pulp and thicken with butter and flour cooked together.

Scald milk with onion, remove onion, add milk slowly to pea mixture, stirring constantly. Add hot cream and seasoning. Serve with crisp Saratoga wafers.

Potato Balls

Add to 5 hot mashed potatoes, 1/4 teaspoon celery salt, 1 teaspoon finely chopped parsley or chives, salt, pepper and 3 tablespoons butter, and enough hot milk to make of the consistency to handle.

Shape into smooth, round balls, roll in flour, egg and crumbs. Fry a golden brown in deep, hot shortening or oil.