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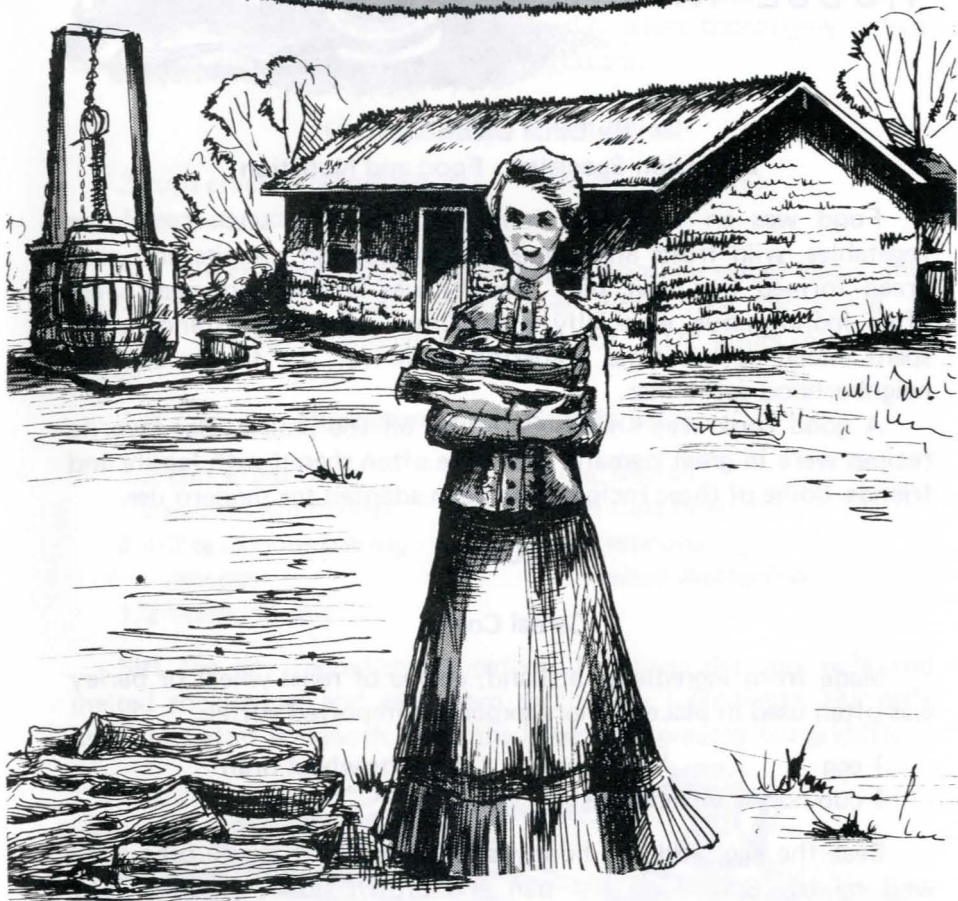
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EC 75-943

RECIPES

FROM A SOD HOUSE KITCHEN

By Ethel Diedrichsen



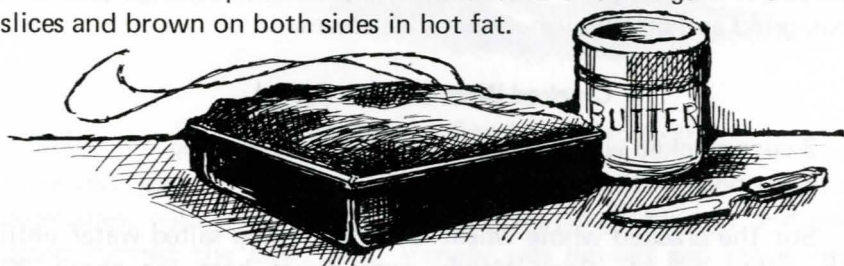
EXTENSION WORK IN "AGRICULTURE, HOME ECONOMICS AND SUBJECTS RELATING THERETO,"
THE COOPERATIVE EXTENSION SERVICE, INSTITUTE OF AGRICULTURE AND NATURAL RESOURCES,
UNIVERSITY OF NEBRASKA-LINCOLN, COOPERATING WITH THE COUNTIES AND THE U. S. DEPARTMENT OF AGRICULTURE
J. L. ADAMS, DIRECTOR

Fried Cornmeal Mush

Johnny cakes were fried cornmeal cakes adapted from the Indians. The recipes were passed from one person to another so much that no one can agree on the original ingredients.

2 cups corn meal	3 teaspoons salt
2 cups cold water	2 1/2 to 3 cups
1 tablespoon sugar	boiling water

Mix the cornmeal with the cold water. Stir in sugar and salt. Add mixture to boiling water and cook in a double boiler for one hour. Pour into a bread pan rinsed with cold water and refrigerate. Cut into slices and brown on both sides in hot fat.



Cornbread

Most pioneer cooks used butter or lard for fat. At butchering time, when fresh cracklings were available, these were often used as a substitute.

1 cup flour	1 cup cornmeal
2 tablespoons sugar	2 eggs
3 teaspoons baking powder	1 cup milk
1/2 teaspoon salt	1/4 cup melted shortening

Sift flour, sugar, baking powder and salt together and stir in cornmeal. Combine eggs, milk and melted shortening with dry ingredients. Bake in 9-inch square pan at 400° for 20 minutes.

Homemade Dry Yeast

Next to good flour, yeast was essential to the baking of good bread. There is an old saying that "she who has baked a good batch of bread has done a good day's work."

Scald 1 cup fresh buttermilk. Add 1 cup of cold water and 1 cake of yeast which has been dissolved in 1/4 cup lukewarm water. Make a

batter with flour — thick enough to drop from the spoon in chunks. Let stand over night; then stir in enough corn meal to make a mixture that will roll. Cut in 2-inch squares and dry in shade about three days. Store in cool, dry place.

Sourdough Starter

Sourdough starter was used as leavening for hot cakes, waffles, muffins, bread and even cake. The starter was a precious possession and early homesteaders on the plains guarded it carefully.

1/2 package dry yeast
2 cups flour

2 tablespoons sugar
2 1/2 cups water

Combine ingredients in a stone crock or bowl. Beat well. Cover with a clean towel and let stand in a warm place overnight. It is then ready for use.

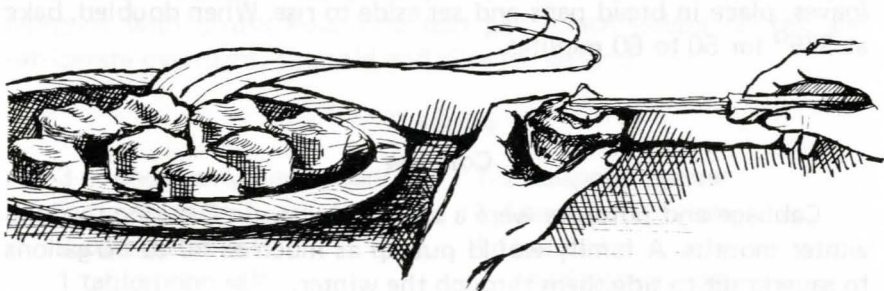
Save 1/2 cup of the mixture for starter next time. Store this in a scalded pint jar in a cool place. To replenish starter, stir in 2 cups warm water and 2 cups flour and let stand in a warm place overnight.

Sourdough Biscuits

1 1/2 cups flour
2 teaspoons baking powder
1/4 teaspoon soda

1/2 teaspoon salt
1/4 cup shortening
1 cup starter

Sift dry ingredients together and cut in shortening. Add starter and mix. Turn dough on floured board and knead lightly. Roll dough 1/2 inch thick; cut with biscuit cutter and place on greased pan. Brush tops with melted butter. Let rise one hour in warm place. Bake in hot oven (425°) for 20 minutes. Makes 12 biscuits.



Sourdough Hotcakes

1 cup starter	2 teaspoons soda
2 cups flour	2 tablespoons sugar
2 cups milk	2 eggs
1 teaspoon salt	3 tablespoons melted shortening

About 12 hours before serving hotcakes make a sponge by mixing starter, flour, milk and salt. Cover and let stand in a warm place. Just before baking cakes, remove 1 cup batter to replenish starter. To the remaining batter, add soda, sugar, eggs and shortening. Mix well and bake on lightly greased, hot griddle. For thinner hotcakes, add more milk to batter. Makes about 30 cakes.

Sourdough Bread

Set sponge as for hotcakes and let stand in a warm place overnight. Save 1/2 cup for next starter. To the remaining batter, add:

4 cups flour	2 tablespoons soft shortening
2 tablespoons sugar	1/4 teaspoon soda
1 teaspoon salt	

Sift dry ingredients into a bowl, making a well in the center. Pour starter into the well of flour, add shortening and mix. Add enough flour to make a soft dough for kneading. Knead on a floured board for 10 to 15 minutes. Place in a greased bowl. Cover with a clean towel and let rise in a warm place for two to four hours or until doubled in bulk. Dissolve the soda in a tablespoon of warm water and add to the dough. Knead it in thoroughly. Shape dough into loaves, place in bread pans and set aside to rise. When doubled, bake at 375° for 50 to 60 minutes.

Coleslaw

Cabbage and potatoes were a source of vitamin C during the long winter months. A family would put up as much as 40 to 50 gallons of sauerkraut to tide them through the winter.



1/2 head cabbage

1/2 cup heavy cream or
sour cream

2 tablespoons sugar

1 teaspoon salt

1/4 teaspoon pepper

2 tablespoons cider
vinegar

Shred cabbage very fine. (One pound will make about one quart.) Mix cream with all remaining ingredients, add the cabbage and toss gently until coated. Serve immediately, otherwise salad will become limp and soggy. Makes 6 servings.

Hot Potato Salad

Wash 6 medium sized potatoes and cook in boiling water. Cool, remove skins and cut in very thin slices. Cover bottom of baking dish with potatoes, season with salt and pepper, sprinkle with finely chopped onion and parsley. Mix 1/4 cup cider vinegar and 1/4 cup cream. Pour over potatoes, cover, and let stand in oven until heated through.

Pressed Chicken

3 1/2 to 4 lb ready-to-
cook chicken

1 carrot

1 slice onion

1 whole clove

2 whole peppers

1 1/2 teaspoons

salt

Cut chicken in serving pieces, barely cover with hot water; add carrot, onion and seasonings. Cook slowly until meat is tender. Strain broth and measure 2 cups. Remove chicken from bones; grind and combine with broth. Pour into loaf pan; place weight on top and refrigerate overnight. Unmold and slice for serving.

Scrapple

3 pounds bony pieces pork

2 quarts water

2 cups cornmeal

1 tablespoon salt

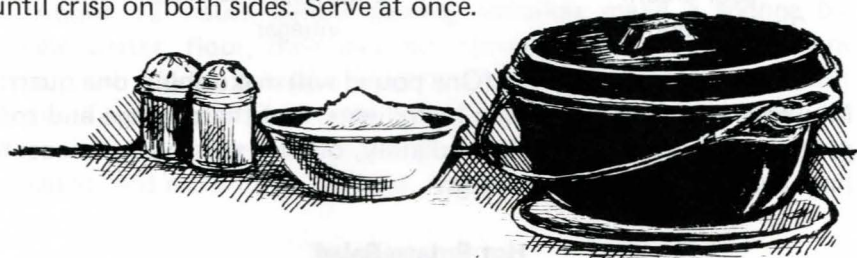
1/2 teaspoon pepper

1/4 teaspoon thyme

1 teaspoon

marjoram or sage

Simmer pieces of pork in water until the meat drops from the bone. Strain off broth, remove bones and chop the meat fine. There should be about two quarts of broth and if necessary add water to make this amount. Blend cornmeal and chopped meat with seasonings and broth. Cook until thick. Pour into bread pans which have been rinsed with cold water. Chill until firm. For serving, cut into slices 1/2 inch thick, dust lightly with flour and fry in a little fat until crisp on both sides. Serve at once.



Wild Rabbit

2 rabbits	1/2 cup flour
1 teaspoon salt	1/4 cup shortening
1/8 teaspoon pepper	1 cup thick cream

After cleaning, wash the rabbit; then soak for a short time in salted water before cooking. This will draw out the blood. Cut into serving size pieces. Dredge in seasoned flour and brown in shortening in Dutch oven. Add 1/4 cup water, cover and cook slowly for 1 1/2 hours. Pour on cream toward the end of the cooking period. Thicken gravy for serving.

Cottage Cheese

Pasteurize 1 gallon fresh skim milk by heating to 145 degrees for 30 minutes or to 170 degrees for 30 seconds. Cool the milk quickly to 75 degrees.

Add 1/2 cup cultured buttermilk and mix well. Cover and allow to stand at room temperature overnight until a firm curd has developed. Cut the curd into inch cubes by slicing with knife or spatula.

Heat the curd slowly to a temperature of 110 to 120 degrees, stirring gently. Test the firmness by dropping a few curds into cold water. When the curds are firm and hold together, the cheese is heated enough.

Remove from heat and dip off whey. Rinse twice with cold water. Strain through colander or sieve lined with cheesecloth and drain for 30 minutes. It is now ready for use.

For creamed cottage cheese, add 1/4 cup thin cream and 1/2 teaspoon salt to each cup of curd and stir gently. Cover and refrigerate until used. One gallon milk will make one quart cottage cheese.

(Grandmother made cottage cheese from sour milk which she heated in a crock on the back of the cook stove.)

Kolaches

When the Czechoslovakians arrived in Nebraska in the 1860's they brought kolaches, often made with prune, apricot, and other fruit filling.

1 cup milk	1 teaspoon salt
1 cake compressed yeast	1/2 cup butter
1/4 cup lukewarm water	2 eggs, beaten
1/2 cup sugar	3 1/2 to 4 cups flour

Scald the milk. Soften yeast in water and add to cooled milk. Combine sugar, salt and butter. Add to yeast mixture with eggs and half the flour. Beat until smooth. Add remainder of flour and knead on lightly floured board. Place in greased bowl, cover with clean towel and let rise until light. Punch down and shape into balls one inch in diameter. Place on lightly greased baking sheets and let rise for about 10 minutes. Make depression in center and fill with desired filling. Let rise 20 or 30 minutes more. Bake in hot oven (400°) until golden brown. Shake confectioners sugar over top.

Any of the following fillings may be used:

Fruit Filling: Combine 1 cup cooked chopped prunes with 3 tablespoons sugar, 1/4 teaspoon cinnamon and 1/2 teaspoon lemon juice. Apricots, peaches or canned fruit may also be used.

Poppy Seed Filling: Grind poppy seed and boil in just enough water to keep moist. Then add sugar and cinnamon to taste. A few raisins and 3 or 4 crushed ginger snaps may also be added.

Cottage Cheese Filling: Combine grated rind of lemon, 1/2 cup sugar, 1 tablespoon cream, 2 egg yolks and 1 pint of dry cottage cheese.

Dutch Apple Cake

2 tablespoons butter	1 1/4 cups flour
1/4 cup sugar	1/2 teaspoon salt
1 egg	1 1/2 teaspoons
1/2 cup milk	baking powder
	Sliced raw apples

Cream butter and sugar; stir in beaten egg. Add milk alternately with sifted dry ingredients. Spread dough in a shallow pan. Press sliced apples into the top. Sprinkle with cinnamon and sugar. Dot with butter or pour a little cream over the top. Bake at 350° for 25 to 30 minutes.

Indian Pudding

1/4 cup corn meal	1/2 teaspoon
2 cups hot milk	cinnamon
1/4 cup sugar	1/4 cup molasses
1/8 teaspoon soda	1 cup cold milk
1/2 teaspoon salt	Whipped topping
1/2 teaspoon ginger	Nutmeg

Moisten cornmeal with water and stir into hot milk. Cook over low heat or in the top of a double boiler, stirring constantly until thick. Remove from heat. Mix sugar, soda, salt, ginger and cinnamon and stir into the corn meal mixture. Add molasses and cold milk. Bake in a one-quart casserole at 275° for two hours. Serve warm with whipped topping and a light sprinkling of freshly grated nutmeg. Makes 6 to 8 servings.

Dried Apples

Peel, core and cut ripe apples in 1/8 inch slices. Pour boiling water over then, add one tablespoon salt and stir well. Let stand 5 to 10 minutes. Drain off water and cool apples in cold water. Let drain and dry between cheese cloth on a rack in the sun. It takes about 24 hours of sunshine to have them dry enough to store for winter packing. When they are dried in an oven at 150°, the time can be cut to 6 hours.

Dried Fruit Pudding

1 cup dried fruit	1/2 cup sugar
2 tablespoons quick cooking tapioca	Pinch salt

Cook dried fruit in water until nearly done. Drain liquid and add water to make two cups. Add crushed tapioca and cook until clear. Stir in dried fruit, sugar and salt. Serve hot or cold with cream. Variation: Omit dried fruit and substitute 1 cup currant juice and 1 cup of water for liquid.

Tapioca Meringue

1/2 cup pearl tapioca	1/2 cup sugar
3 cups milk	2 teaspoons vanilla
2 eggs	

Soak tapioca overnight in 2 cups of milk. The next day, heat the other cup of milk, combine with tapioca and cook in a double boiler, stirring occasionally. When the tapioca is clear, remove from heat stir in egg yolks and sugar; then cook until thick. Stir in vanilla and pour in pudding dish. Make a meringue with the egg whites and 1/4 cup sugar and cover the top of the pudding. Brown in hot oven for about 5 minutes.

Soft Molasses Cookies

1/2 cup butter or lard	1 teaspoon baking powder
1/2 cup sugar	1/2 teaspoon soda
1 egg	1 teaspoon
1/2 cup molasses	cinnamon
2 cups flour	1/2 teaspoon ginger
1/2 teaspoon salt	1/3 cup cold coffee or sour milk

Cream butter and sugar; add egg and molasses. Stir in sifted dry ingredients alternately with the coffee. Drop from teaspoon onto greased cookie sheet. Bake in moderate oven (350°) for 15 minutes. Makes 3 to 4 dozen cookies.



Chokecherry Jelly

Plum thickets, chokecherry and elderberry bushes and wild grape vines were plentiful along ravines and fence rows. The juice from these fruits was delicious when served on hot cakes or made into jelly.

2 cups chokecherry juice	3 cups sugar
2 cups apple juice	

Bring cherry and apple juice to a boil. Add sugar and cook until mixture sheets off in two heavy drops from the spoon at one time. Skim, pour quickly and cover with paraffin.

Molasses Taffy

Young people gathered at the school house for Saturday night social affairs. Old-fashioned taffy pulls, spelling bees and box suppers were great fun.

2 cups brown sugar	1/8 teaspoon salt
1 cup molasses	1 tablespoon butter
1 tablespoon vinegar	1 teaspoon vanilla

Combine brown sugar, molasses, vinegar and salt in heavy sauce pan. Cook to a hard ball stage (265°). Add butter and vanilla and pour onto buttered platter. When taffy is cool enough to handle, use fingers and pull until light color and slightly firm. Cut with scissors into 1 inch pieces.

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