

Mom's Home Cooking

Here it is - a sample of my Mom's best home cooking!
These are some of the recipes I grew up with, ones my
Mom cooked just for her family and friends. Something
good was always cooking at our house and you never
knew just what it might be!

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February 2006
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Bagels

1 ½ c. warm water
3 T. sugar
4 ½ c. flour
1 pkg. yeast
3 eggs, beaten
1 tsp. salt

Yeast, sugar and water are mixed and left 'till foamy on top. Then, add salt and beaten eggs to a large warm mixing bowl; add flour gradually. The dough will be soft. Knead 'till smooth, cover and let rise in warm area 15-20 mins., then punch down.

Roll in a 5X9" rectangle, 1" thick. Cut into 12 equal strips. Form those into circles and press together by moistening ends. Let rise 30 mins. Immerse in 1 gal. boiling water (2 at a time) for 1 min. Bake on greased cookies sheet @ 375° - 30 mins. or 'till brown. You can add minced onion or poppy seeds on top of the bagels after the water treatment.

These were always a special treat at our house. These are nothing like the heavy, chewy bagels you get in the store. Once you have these heavenly bagels you'll never want store bought ones ever again!!

Fried Onion Rings

Slice onions $\frac{1}{4}$ " thick and soak in milk or water for about 2 hours. Dredge in flour, put back into liquid and then dredge in cracker crumbs. Fry in oil until golden brown. Keep warm in 200° oven, drained on paper towels. If milk is used, use it to make cornbread or hushpuppies.

Old Southern Barbeque Sauce

1 gal. 5% acidity vinegar
1 gal. water
3 $\frac{3}{4}$ C. flour
2 $\frac{1}{4}$ C. brown sugar
 $\frac{1}{2}$ C. salt
2 small onions, chopped
2 thinly sliced lemons
4 oz. cayenne pepper or 2 oz. cayenne and $\frac{1}{2}$ C. dried red chilies
2 cloves chopped garlic
3 T. Worcestershire sauce
1 16oz. can tomato sauce
 $\frac{1}{2}$ C. tomato catsup
 $\frac{1}{2}$ C. barbeque spice
Smoke flavor to taste
Onion salt to taste (optional)
1 stick oleo

Blend all dry ingredients. Take enough liquid (water and vinegar mixed) to make a thin paste, then blend together remaining liquid. Add remaining ingredients and cook for 1 hour, stirring to keep from sticking. Remove from heat and add 1 stick oleo and let cool before storing. Strain before bottling. I cook this sauce down quiet a bit more and place in canning jars and process in a water bath or pressure cooker (30 mins. in water bath/15 mins. in the pressure cooker). This recipe makes from 4 - 6 quarts, depending on how

far you cook it down. Pepper can be adjusted to taste.

Zucchini Lasagna

4 large (9 inch long, $\frac{3}{4}$ lb. each) zucchini, ends trimmed.

1 C. dry bread crumbs

$\frac{1}{3}$ C. unsifted all-purpose flour

3 large eggs

$\frac{1}{4}$ C. water

About $\frac{1}{2}$ T. salad oil or olive oil

1 container (15 oz) part skim ricotta cheese

$\frac{1}{2}$ C. grated Parmesan cheese

$\frac{1}{4}$ C. chopped parsley

1 jar (2 lb) spaghetti sauce

1 pkg. (8 oz) part skim mozzarella cheese, shredded

Cut zucchini in half crosswise, then cut lengthwise into $\frac{1}{4}$ inch slices. Place crumbs and flour on separate sheets of waxed paper. In pie plate, combine 2 eggs and water. Coat zucchini slices lightly with flour, dip into egg mixture, then into bread crumbs.

In large skillet, over medium heat, heat 3 Tbs. oil. Add layer of zucchini, brown lightly on each side. Remove to paper towels to drain. Repeat, to brown all slices, add more oil as needed.

Preheat oven to 375°. In bowl, combine ricotta cheese, parmesan cheese, parsley and remaining egg.

In bottom of 13X9X2 inch baking dish, spread one fourth of the sauce. Layer one third of the zucchini slices, one fourth of the sauce, half of the ricotta mixture, one third of the mozzarella cheese: repeat. Top with remaining zucchini sauce and mozzarella. Bake uncovered 35 - 45 min. or until bubbly. Let

stand 15 min. before serving for easier cutting.
Makes 8 servings.

Company Cheese Cake

3 well beaten eggs
2 8 oz pkgs. cream cheese, softened
1 C. sugar
¼ tsp. salt
2 tsp. vanilla
½ tsp. almond extract
3 C. dairy sour cream
1 recipe graham nut crust (see below)

Combine eggs, cheese, sugar, salt and extracts: beat until smooth. Blend in sour cream: pour into graham nut crust. Trim with reserved crumbs. Bake in moderate oven (375°) 35 mins. or until just set. Cool. Chill well about 4 -5 hours. Filling will be soft. Makes about 10 servings.

Graham Nut Crust

1 ¾ C. fine graham cracker crumbs
¼ C. finely chopped California walnuts
½ tsp. cinnamon
½ C. melted butter or oleo.

Combine above ingredients, reserve 3 T. of mixture. Press remainder on bottom and 2 ½" up on side of 9" spring form pan.

Glaze

1 ¼ c. strawberries
½ C. water (approx.)
Sugar - depends on sweetness of berries
1 T. cornstarch (approx.)

Crush strawberries, add approx. ½ C. water and cook 2 mins. Sieve, combine sugar and cornstarch. Gradually stir in berry juice. Cook stirring constantly until thick and clear. Tint to desired color using red food coloring. Cool slightly and pour over halved strawberries that have been arranged on top of cake. Keep refrigerated until serving time.

Southern Pie (Grape Nut Pie/Mock Pecan Pie)

¾ C. Post Grape Nuts Cereal
½ C. warm water
3 eggs well-beaten
¾ C. sugar
1 C. dark corn syrup
3 T. butter, melted
1 T. vanilla
½ tsp. salt
1 unbaked 9" pie shell

Combine cereal and water, let stand 'till water is absorbed. Meanwhile, blend eggs with sugar; add syrup, butter, vanilla and salt. Fold in softened cereal. Pour into pie shell. Bake at 350° for 50 mins. or until filling is puffed completely across the top. Cool. Garnish with whipped topping. Sprinkle with additional cereal, if desired. Try putting a handful of real pecans or walnuts in to make it look just like the real thing!!

Well, there you have it – a sampling of my Mom's home cooking. I hope you enjoy it. I look forward to sharing more of these treasured recipes with you.

Leslie