

# Celebrating



## Cody Heritage

### Food Tasting Recipe

#### **BUTTERSCOTCH CANDY**

One cupful of New Orleans molasses \*

Once cup of granulated sugar

½ Cup of butter

Boil all until it hardens when dropped in cold water. Pour into greased tins or onto creased cookie sheets, mark in squares and break apart when cold.

*\*[a molasses that is comparatively light in color and rich in sugar]*

See: <http://www.brerrabbit.com/products/brer-rabbit-mild-flavor-molasses/>



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### **CHEESE SANDWICHES**

Cut bread in thin slices

Butter and dip in grated cheese – your choice of cheese – experiment!

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#### **“MOTHER, I FORGOT!” COOKIES**

3 Cups quick rolled oats

1 Cup chocolate chips

¼ Cup shredded coconut

¼ Cup chopped nuts [walnuts, pecans, almonds – your choice]

2 Cups granulated sugar

¾ Cup margarine or butter

½ Cup evaporated milk

Mix first 4 ingredients in a large bowl. Bring remaining ingredients to a rapid boil and boil 1 ½ minutes. Pour hot mixture over the mixture in the bowl and stir until chocolate melts. Drop by teaspoonfuls on waxed or parchment paper.

Very easy – also known as “No Bake Cookies”



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### OATMEAL STICKS

3 Cups flour

½ teaspoon salt

1 tablespoon granulated sugar

¼ Cup shortening [Crisco]

1 ¼ Cup milk, scalded \*

½ Cup oatmeal or rolled oats

4 teaspoons baking powder

Sift together the flour, salt, sugar and baking powder; rub in the shortening. Pour the hot milk over the oatmeal; cook, mix with other ingredients, working with your hands until dough is smooth. Roll into sticks about the length and thickness of a lead pencil. Bake about 10 minutes in a rather hot oven, about 400 degrees.

\* Some baking recipes call for **scalded** milk; that is, milk brought nearly to a boil and then cooled down.

\*See: <http://www.wikihow.com/Scald-Milk>



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### **SALTINE CRACKER TOFFEE**

35 Saltine crackers

1 Cup butter, cubed

1 Cup packed brown sugar

2 Cups semisweet chocolate chips

Nuts of choice, chopped (pecans are suggested, or try walnuts or peanuts)

Preheat oven to 350 degrees. Line a 15x10x1-in. baking pan with foil; grease the foil. Arrange the saltines in a single layer on foil. In a large, heavy saucepan, melt the butter over medium heat. Stir in the brown sugar. Bring to a boil; cook and stir 3-4 minutes or until the sugar is dissolved. Spread evenly over the crackers.

Bake 8 – 10 minutes or until bubbly. Immediately sprinkle with chocolate chips. Allow chips to soften for a few minutes, then spread over top. Sprinkle with chopped nuts. Cool slightly.

Refrigerate, uncovered, 1 hour or until set. Break into pieces. Store in an airtight container.



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### LEMON PIE CRUST COOKIES

#### Dough:

1 Cup butter, cold from refrigerator

2 Cups Flour

1/3 Cup Cream, cold from refrigerator

Use a mixer to blend the butter into the flour, then add the cream and beat mixture until it pulls away from the bowl. Roll it out on a surface sprinkled with sugar. Cut the cookies out with a very small cutter (e.g., the middle of a donut cutter), sprinkle with sugar and prick the cookies twice each with a fork.

#### Filling:

1 stick butter (8 tablespoons)

¾ to 1 Cup Powdered sugar

Lemon Flavoring to taste

Cream together

Bake the cookies at 350 degrees for 7 to 9 minutes – but DON'T let them brown! Leave them on the cookie sheet for 5 minutes and cool. Once cool, put a dab of filling between two cookies and enjoy!

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## Food Tasting Recipe

### AUNT ANNIE'S SPONGE CAKE

4 eggs

1 Cup granulated sugar

4 Tablespoons cold water

1 Cup flour

1 Tablespoon cornstarch

1 teaspoon baking powder

1 teaspoon vanilla

Separate eggs \* Beat egg yolks with sugar. Add water and mix well. Stir in flour, cornstarch, baking powder and vanilla and stir until well blended. Beat egg whites with a clean beater until stiff. Gently fold the egg whites into the batter.

Bake "in a moderate oven" [350 to 375 degrees] for \_\_\_\_\_ or until  
\_\_\_\_\_ ???

\* See: <http://www.wikihow.com/Separate-an-Egg>

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#### BISCUITS

2 Cups flour

4 Teaspoons baking powder

3 Tablespoons butter

½ Teaspoon salt

¾ Cup milk

Mix dry ingredients and butter with 2 knives or a cutter as for pastry. Add milk and mix. Roll out an inch thick. Cut in rounds, brush over tops with melted butter. Bake about 15 minutes in a 350 degree oven.





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## Food Tasting Recipe

### **CORNPONE \***

1/2 Cup shortening

1 ¼ Cups sugar

2 eggs

2 Teaspoons baking powder

1 Cup corn meal

Milk

Cream together the shortening and sugar, then beat in the eggs. Stir in baking powder, corn meal and enough milk to make a light cake batter. Bake in a slow oven (300 degrees) until it tests done, 45 minutes to an hour.

*\* [Cornpone is a generic name for any number of simple quick breads containing cornmeal. They are usually leavened by baking powder.]*



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## Food Tasting Recipe

### **SUPER CHEESE STRAWS**

½ Cup butter or margarine, softened

½ Cup shortening (Crisco)

4 Cups sharp cheddar cheese, finely grated

2 ½ Cups flour

1 Teaspoon salt

1 Teaspoon dry mustard

1/8 Teaspoon cayenne pepper

With electric mixer at medium to high speed, cream butter and shortening until soft. Add cheese and mix well. Sift flour, salt, mustard and cayenne together in a separate bowl. Add to the creamed butter mix in 3 portions, mixing well after each addition. Spoon onto a baking pan, or use a cake decorator to make straw shapes. Bake 10 to 12 minutes at 350 degrees.

Yield: 8 to 9 dozen straws.

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### Food Tasting Recipe

#### DEPRESSION CAKE \*

1 Cup shortening (Crisco)

2 Cups water

2 Cups raisins

1 Teaspoon each of ground cinnamon, ground nutmeg, & ground allspice

½ Teaspoon ground cloves

2 Cups granulated sugar

3 Cups all-purpose flour

1 Teaspoon baking soda

Preheat oven to 350 degrees. . Grease one 9x13 baking pan.

In a saucepan, combine the shortening, water, raisins, the 4 spices and sugar. Simmer for 10 minutes. Remove from heat and let stand until cool. Stir the flour and baking soda into the cooled raisin mixture and mix until just combined. Pour batter into the prepared pan. Bake at 350 degrees for 45 minutes.

*\* [ Note: this cake has sugar, but no eggs, no butter and no milk – from the Depression era between WWI and WWII.]*



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### Food Tasting Recipe

#### **HARD TACK \***

2 Cups flour

½ Teaspoon salt (optional)

½ to ¾ Cup water

Preheat oven to 250 degrees. Combine flour with salt in a mixing bowl. Add water and mix with hands until the dough comes together. Roll out on a table to about 1/3 inch thickness. Use a knife to cut 3x3 inch square from the dough. Place on a baking sheet and use a skewer to make 16 evenly-spaced holes in each square.

Bake for at least 4 hours, turning over once halfway through baking. Cool on a rack in a dry room.

*\* [Hardtack (or hard tack) is a simple type of biscuit or cracker, made from flour, water, and sometimes salt. Inexpensive and long-lasting, it was and is used for sustenance in the absence of perishable foods, commonly during long sea voyages, **land migrations**, and military campaigns. The name derives from the British sailor slang for food, "tack". It is known by other names such as cabin bread, pilot bread, sea biscuit, or pejoratively as "dog biscuits", "molar breakers", "sheet iron", "tooth dullers", or "worm castles". The instructions for the recipe we used, above, said, "Whatever your reason for making them, do watch your teeth" !!]*