

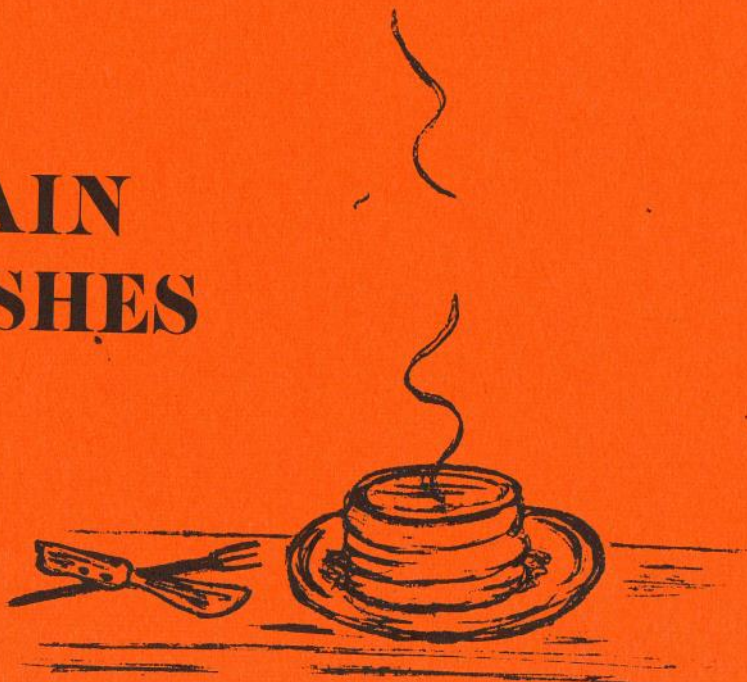
St. Mary's

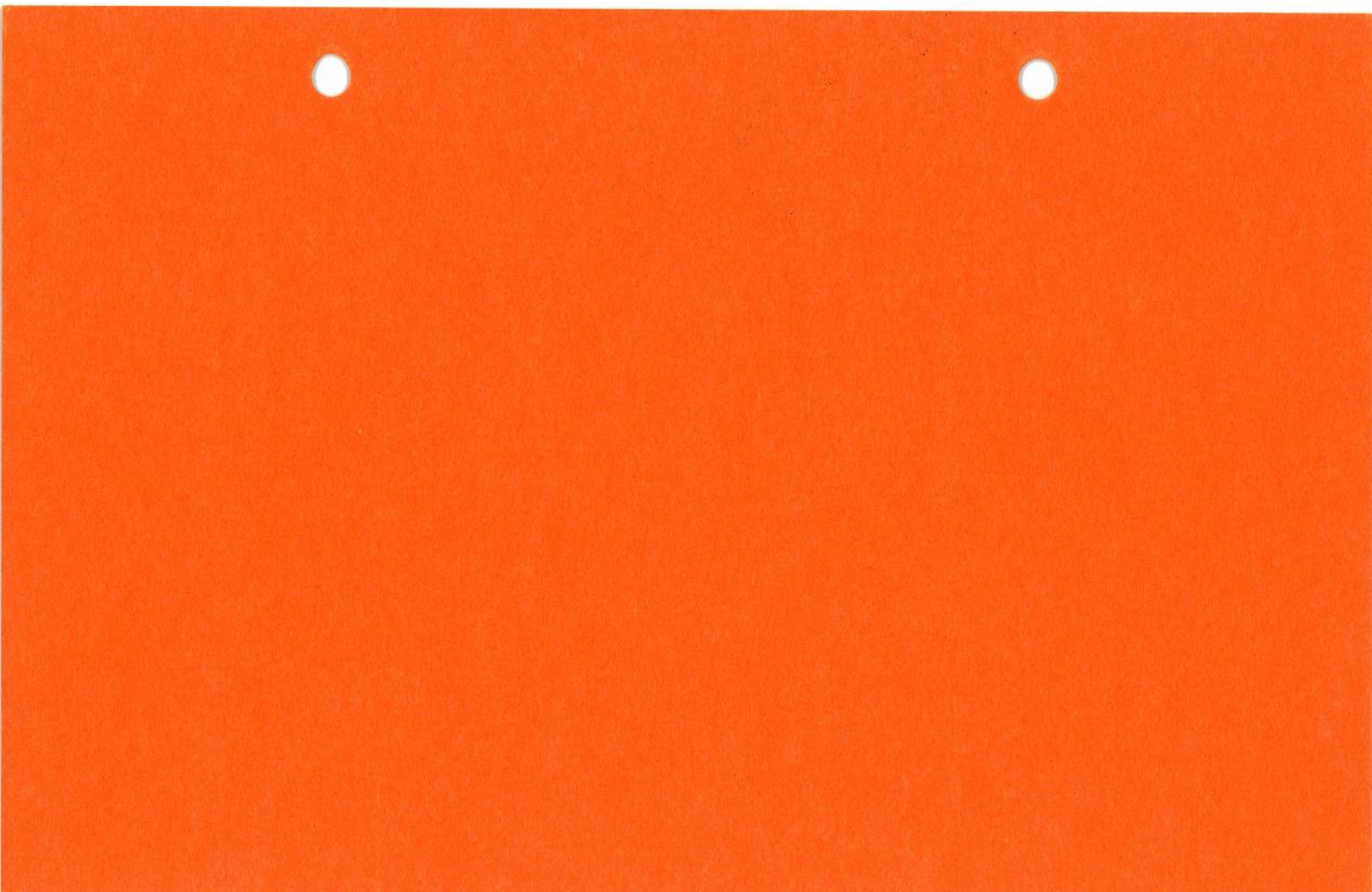
County

'Fare'



MAIN DISHERS





FRIED SOFT-SHELL CRABS

Alice Dawson

4 soft-shell crabsCLEAN by lifting each end of shell.
Remove spongy substance (dead
men). Cut out mouth and take
out sand bag. Cut off apron.
Wash and dry.

1 whole egg, beaten)
1 T. milk)COMBINE, dip crabs.

1/2 c. flour or cracker crumbs)
Salt and pepper to taste)DIP into flour mixture.

Crisco, for fryingFRY until well brown on each side.

CRAB CAKES



Juanita Buchanan

- 1 small onion, chopped fine
- 1 sliver of green pepper, chopped
- 1 egg
- 1 T. mayonnaise
- 3 t. mustard
- 2 or 3 slices of bread, crumbled
or mashed potatoes (enough
to hold together)
- Dash of cayenne pepper
- Salt and pepper to taste

.....MIX all together.

1 lb. crab meatFOLD in gently. Make into
patties.

FRY slowly.

SCALLOPED OYSTERS



Grace Loffler

Temp: 350°

Time: 30 Min.

Yield: 12-14 serv.

Sotterley

1 qt. oystersDRAIN, reserving 1/2 c. of liquor.

3 1/2 c. oyster crackers,)
coarsely ground)COMBINE in pan, stirring until all
1 c. margarine, melted)
1 t. salt) crumbs are moistened.

SPREAD 1/3 of crumbs in bottom of greased 3 qt. pyrex or other baking dish. Cover with half the oysters.

Black pepperSPRINKLE over oysters in first layer. Use 1/3 more of crumbs, cover with remaining oysters. Sprinkle again with pepper.

1 1/2 c. light cream (or half n' half))
1/2 c. oyster liquor (from above))COMBINE and pour over oysters. Top
1/2 t. worcestershire sauce) with last of crumbs.

BAKE.

CRAB CUTLET

1 T. melted butter)
1 1/2 T. flour)MIX together.

1/2 c. heated milk)
1 beaten egg)ADD.

1 lb. crabmeat (backfin))
1/2 t. dry mustard)ADD when above mixture becomes
1 T. worcestershire sauce) very thick.
1 t. chopped parsley)

Salt and pepper to taste)
Bread crumbs)ADD. When cool, shape into cutlet
form, roll in crumbs.

Hot fatDEEP fat fry until golden brown.

FRIED OYSTERS



Mamie Smith

1 qt. large or medium
size oysters)DRAIN.

2 eggs, beaten
Salt & pepper to taste)DIP oysters in eggs.

1 box cracker mealPAT 2 or 3 oysters together
with cracker meal. Fry in deep
fat until brown on each side.

QUICK METHOD:

Drain oysters as above, omitting egg, place drained oysters in dry pancake mix,
Toss lightly until well covered. Deep fat fry until golden brown.

BAKED ROCK FISH

Paddy Zollinhofer

Temp: 400°

1 lg. Rock fish (2-3 lbs.)CLEAN fish, place in baking dish.

Flour
Salt and pepper)SPRINKLE over fish.

Lemon, thinly slicedPLACE on top of fish and bake.

HINT: You can also stuff the rock fish and bake the same way, omitting the lemon.

STUFFING

Temp: 325°

Time: 1 hr.

2 c. soft bread crumbs
2 t. lemon juice
1/4 c. chopped parsley
1/2 t. salt
1/8 t. pepper
1 T. minced onion
1/4 c. melted butter
.....COMBINE, stuff fish and bake.

SHRIMP CREOLE

Time: 20 Min.
Yield: 6 serv.

1 lb. raw peeled, cleaned shrimp)
fresh or frozen)CUT large shrimp in half.

1/4 c. flour)
1/3 c. melted fat or oil)BLEND together and brown,
stirring constantly.

1 c. hot waterADD gradually and cook until thick
and smooth, stirring constantly.

1/2 c. chopped green onions & tops)
8 oz. can tomato sauce)
1/2 c. chopped parsley)
1/4 c. chopped green pepper)
4 cloves garlic, finely chopped)
1 1/2 t. salt)ADD, cover and simmer 20 min.
1/2 t. crushed whole thyme) Then remove bay leaves. Serve
Dash cayenne pepper) over fluffy rice.
2 whole bay leaves)
1 lemon slice)

SMITHFIELD OR COUNTRY HAM

1 Smithfield or country hamSOAK ham in cold water to cover for 24 to 36 hours. Then scrub it well, using a brush & yellow soap if necessary to remove mold. Rinse thoroughly and place in kettle of simmering water, skin side down. Allow 20 min. to the pound until it reaches internal heat of 150° (approx. 2 hrs.)

1 qt. cider)
1/4 c. brown sugar)ADD to the water before the last 1/4 of the cooking time. When the cooking is finished, drain. Remove the skin while the ham is still warm, being careful not to tear the fat. Trim the fat partially.

Black pepper)
Corn meal)
Brown sugar)DUST the ham with this mixture. Put it in a 425° oven, long enough to glaze it.

Sotterley

STUFFED HAM



Grace Dean

15-16 lb. corned hamTRIM fat off ham. (If you bake ham the fat can be laid over the top for seasoning. If boiled, the fat can be put directly into water.)

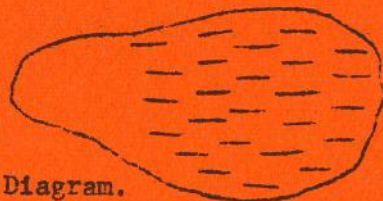


Diagram.

MAKE several rows of 1 1/2" long, deep gashes along the top & sides of the ham, perpendicular to the ends and about 1 1/2" apart. (see diagram)

- 3 qts. chopped kale
- 1 1/2 qts. chopped onion
- 3 qts. chopped cabbage
- 2 T. salt
- 1 T. black pepper
- 3 T. red pepper (more to taste)
- 1 T. celery seed (optional)
- 1 T. mustard seed (optional)

.....MIX together in large tub or container. Pack dressing into gashes but not too tight. Pack remaining dressing around ham. Sew tightly into a cloth. (An old pillowcase is good)

Place ham in large deep container with enough water to cover. (lard can is ideal) Trimmed off fat can be added now. Bring to boil & simmer slowly, 20 min.per pound. When finished cooking, turn off heat, allow to cool in water until lukewarm. Remove and drain well before removing cloth. Ham should be cold before serving.

Satterley

BAKED HAM



Grace Loffler

Temp: See below

Time: See below

1 smoked ham (approx. 12-15 lbs.)
Water).....PLACE in deep pan, cover with water.

1 c. vinegar
1 c. sugar (white or brown)
1 T. whole cloves).....ADD to water, heat & simmer gently
for 1 hr. for precooked ham, or
2 hrs. for uncooked ham (DON'T
OVERCOOK)

REMOVE from heat, leave in liquid
overnight or at least 4 hrs.
Remove from liquid, cut off any
remaining rind, score, bake in
350° oven for 1 hr.

1 c. brown sugar
2 T. prepared mustard
1 t. ground cloves
water).....USE only enough water to make a
spreadable paste.

SPREAD over ham, increase temp. to
400° and continue baking until
top is crusty.

This method of preparation keeps moisture in ham when cooking and helps overcome
some curing differences.

PAPRIKA CHICKEN



Grace Loffler
Yield: 5 generous
serv.

3 lb. chicken (fryer) cut up)
1/3 c. flour)DIP chicken in flour, salt and
Salt and pepper to taste) pepper.

1 medium onion, sliced)
Cooking oil)SAUTE until glossy. Add chicken
pieces to brown slightly.

2 T. sweet paprikaSPRINKLE over chicken.

1 c. hot water (approx.)ADD and continue cooking chicken
slowly.

1/2 c. sweet or sour cream or)
half-and-half)WHEN chicken is tender, stir in
cream. Serve with noodles or
firm dumplings.

CHICKEN SUPREME

Joanne L. Buzzel

Temp: 375°

Time: 30 Min.

Yield: 6 serv.

14 1/2 oz. can asparagus
2 1/2 c. chopped cooked chicken
1 small can chopped pimiento
3 hard cooked eggs, sliced
1/4 lb. saltine crackers, crumbled

)LAYER as listed in a greased cas-
serole until all ingredients
are used. (save out some for
the top)

10 1/2 oz. can of cream of chicken
soup
1/2 soup can of water

)MIX and pour over casserole.
Sprinkle with remaining crumbs
from above.

1/2 stick margarineDOT over top. Bake.

NOTE: This is a Georgia State prize winner - Glynda Rich

CHICKEN KIEV

Margaret Foley
Yield: 6 serv.

- 3 chicken breasts, halvedREMOVE skin and bones. Place each half between waxed paper and pound as thin as possible with wooden mallet.
- 1/4 lb. butterCUT when very cold and half lengthwise & in thirds crosswise. Place 1 piece in center of each breast half.
- 2 T. minced chivesSPRINKLE, then roll up breasts completely encasing the butter.
- 1/4 c. flour
1 1/2 t. salt
1/4 t. white pepper)COMBINE. Roll chicken in flour mix.
- 2 eggs, beaten
3/4 c. dry bread crumbs
Fat for frying)DIP in eggs, and roll in crumbs. Chill 1 hr. Heat fat to 360° & fry until brown. Drain and place on baking sheet. Bake in a 400° oven for 10 min.
- NOTE: Warn guests that butter will spurt when cut into.

BAKED STUFFED CHICKEN BREASTS

Russell Maddox

Temp: 400°

Time: 60 Min.

Yield: 4-6 serv.

4-6 chicken breasts (may be boned)) SLIT each breast to form pocket.
Salt & pepper Salt and pepper to taste.

1 pkg. prepared stuffing PREPARE according to package
directions. Stuff each breast and
arrange skin side up in greased
shallow baking pan.

1/4 c. butter, melted BASTE with butter and bake.

Satterley

SOUTHERN MARYLAND FRIED CHICKEN



Grace Loffler
Yield: 8 serv.

BATTER:

1 egg
1 c. flour
1 c. milk
1/2 t. salt

)MIX into smooth batter.

8 chicken pieces (breasts & legs)WASH chicken and pat dry. Dip in batter, allow to drip on cake rack (over a pan or tray) for a moment to remove excess batter.

1 c. mixed crumbs (bread & corn flakes) finely ground)ROLL Chicken in crumbs.

FRY until golden color in deep fat (375°). Put in oven in pan covered with foil; bake approx. 1 hr. at 325° until done. Remove foil a few minutes before removing chicken from oven, to recrisp pieces.

BAKED CHICKEN PUFF

Beverly Burgher
Temp: 375°
Time: See below
Yield: 6 serv.

1 10 1/2 oz. can cr. of)
mushroom soup)COMBINE in 1 1/2 qt. casserole.
1/3 c. milk)
1/4 t. salt)

1 c. diced cooked chicken)
2 c. cooked peas)ADD. Bake at 375° for 10 min.
1 c. cooked rice)

4 eggs, separated)
1/3 c. grated cheese)BEAT egg whites until stiff. Then
with same beater, thoroughly beat
egg yolks. Add cheese. Fold yolks
into whites and pile onto chicken.
Continue baking 30 min. longer.

TURKEY LOAF

Helen Miller

Temp: 375°

Time: 30-40 min.

- 4c. 2 c. turkey, cut up
- 3c. 1 1/2 c. turkey broth
- 4- 2 eggs, beaten
- 2- 1 pkg. prepared stuffing
- 2c. - 4 T. melted butter
- 4T. 2 T. parsley
- 2T. 1 T. Onion
- 4T. 2 T. green pepper

.....COMBINE and form in a 9x5x3 greased loaf pan.

- 2 can 10 1/2 oz. can condensed cr. of celery soup
- 3/4 c. milk

.....BLEND together to make a sauce and pour over loaf. Bake.

HH- double for 1 pan
4 pans = 50-60 servings

Sotterley

TURKEY STUFFING - 20 LB. BIRD
(Church Supper Special)

2 sticks butter)
2 large onions).....SAUTE onions and celery in butter.
1 bunch celery)

35 to 40 slices of toasted breadCRUMBLE into small pieces and add
to above.

5 t. poultry seasoning)
Salt and pepper to taste).....COMBINE with above.
Parsley)

If you like a moist stuffing, you
may add stock to the right
consistency.

STUFF turkey. Any extra may be baked
in a separate pan.

BAKED FRESH BRISKET OR SIRLOIN TIP ROAST

Margaret Foley

Temp: 300°

Time: 3 hrs.

Fresh brisket or sirloin tip roast
(about 4 lbs.)

Heavy duty aluminum foil

)LAY out two pieces of heavy duty foil, one on top of the other in opposite directions. Place the meat in center.

1 pkg. dry onion soup mixSPRINKLE over meat.

1 can (10 1/2 oz.) cream of mushroom soup, undiluted

)SPREAD over soup mix. Wrap loosely but securely in the foil.

BAKE. When done you have meat and ready-made gravy.

PEPPER STEAK

Sis Adams
Yield: 4 serv.

1 lb. round steak
1/4 c. cooking oil
1 t. salt
Dash pepper



.....CUT steak into thin strips, then into 2-inch pieces. Heat oil with salt and pepper in a skillet. Add meat, cook over high heat until brown, stirring frequently.

1/4 c. diced onion
4 green peppers, cut in
1" pieces
1 c. celery, sliced
1 c. beef bouillon



.....ADD and cook covered over medium heat until vegetables are crispy tender, about 10 min.

2 T. cornstarch
1/4 c. water
2 t. soy sauce



.....COMBINE and add to meat. Cook and stir until mixture thickens, about 5 min. Serve over cooked rice.

LASAGNE D'ITALIA

Betty Woods
Temp: 350°
Time: 30 min.
Yield: 8 serv.

- 6 Lasagne NoodlesCOOK and drain.
- 2 T. Wesson oil
2 cloves garlic, minced)COOK onion & garlic in oil until
1 med. onion, chopped) soft.
- 1 lb. ground beef
2 1/2 t. salt
1/4 t. pepper
1/2 t. basil or Rosemary)ADD. Cook until crumbly.
1 T. minced parsley
1 T. oregano)
- 2 6 oz. cans tomato paste)ADD. Simmer 5 min.
1 1/2 c. hot water)
- 2 eggs, beaten
1 pt. cottage cheese)BLEND egg with cheese.
In a 9x13x2 baking dish put a
layer of meat sauce, half noodles,
all cottage cheese mixture.
- 1/2 lb. mozzarella cheesePUT half cheese over above mixture,
then more meat sauce, rest of
noodles, more sauce and cheese.
- 1/4 c. parmesan cheeseSPRINKLE over top. Bake. Cool 10 min.

OLD-FASHIONED MEATLOAF

Temp: 325°

Time: 1 1/2 hrs.

Yield:6 serv.

1 lb. ground beef
1 lb. ground pork
2 c. soft bread crumbs
2 T. finely chopped onion
2 t. salt
1/4 t. pepper
1 t. sage
2 eggs
1 c. milk
1 T. worcestershire sauce

.....COMBINE and mix thoroughly. Pack
into a 9x5" loaf pan. Bake.

SWEDISH MEATBALLS

Dorothy Kirby
Yield: 4 serv.

1 lb. ground beef
1/4 c. fine dry bread crumbs
1/4 c. finely minced onion
1 egg, slightly beaten
2 T. chopped parsley)MIX and shape into meatballs.
Brown in skillet and pour off
drippings.

10 1/2 oz. can cr. of celerv soup)COMBINE and pour over meatballs.
1/2 soup can water
1-2 T. minced dill pickle) Cover and cook over low heat
about 20 min., stirring often.
Serve with rice.

SWEET AND SOUR MEATBALLS

Yield: 6 serv.

1 1/2 lb. ground beefSHAPE into 18 balls.

2 eggs
3 T. flour
Salt & pepper to taste
3/4 c. oil)COMBINE and dip meatballs into
batter and fry until brown. Re-
move and keep warm. Pour off all
but 1 T. oil from skillet.

1/2 c. chicken bouillon
3 lg. green peppers, diced
6 slices canned pineapple, diced)ADD. Cover and cook over medium
heat 10 min.

1 c. chicken bouillon
2 T. cornstarch
2 T. soy sauce
1 t. Accent (MSG)
3/4 c. pineapple juice)MIX together and add. Cook stirring
constantly until mixture comes
to a boil and thickens.

3/4 c. vinegar
3/4 c. sugar
1/2 t. salt
Freshly ground pepper)ADD meatballs and simmer 15 min.
more. May be served over rice.

CHILI CON CARNE

Oran Wilkerson
Yield: 8 serv.

- 3 1/2 lbs. top round, cut 1/2" cubes).....PAT meat dry. Sear in oil, stir
2 T. oil) until brown. Set aside.
- 2 c. chopped onion)
4 cloves minced garlic).....SAUTE until transparent but not
2 T. oil) brown.
- 4 T. chili powder)
1 1/2 t. oregano)
1 1/2 t. ground cumin).....STIR in and mix well with onions
1 t. crushed red peppers) and garlic.
- 2 c. beef broth)
1 lb. 13 oz. can whole tomatoes)
6 oz. can tomato paste).....ADD and blend well. BREAK up
1 T. salt) tomatoes with back of spoon. Then
1 t. sugar) add browned meat. Cover and simmer
1 hr. Uncover and simmer another
40-50 min. or until meat is tender.
- 1-2 T. yellow corn mealIF too thick, thin with water or tomato
juice.. Too thin, use cornmeal.

CHILI CON CARNE
(No Tomatoes!)

Oran Wilkerson
Yield: 6 serv.

1 med. onion, chopped)
1 clove garlic, mashed)SAUTE and remove from pan before
3 T. oil or shortening) brown.

2 lbs. ground chuckBROWN meat until crumbly.

3 T. flour)
3 T. chili powder)STIR in and cook a few minutes
until well blended.

2 1/2 c. beef bouillon or stockADD this and sauteed onion & garlic.
Continue cooking for short time.

2 t. salt)
1/4 t. pepper)
1 t. oregano)
1/4 t. ground cumin)ADD. Cover and simmer for 1 hr.
Red pepper to taste)
20 oz. can kidney or pinto
beans (optional)

I LIKE IT HOT, SO I ADD A PRETTY GOOD DASH OF CRUSHED CHILE PEPPERS TO THE ABOVE!

BAR-B-QUE
(Sloppy-Joes)

Lillian G. Wood
Yield: 6 serv.

2 T. bacon drippings)BROWN lightly.
1 lb. ground meat)

2 T. vinegar
1 T. brown sugar
2 t. prepared mustard
1 t. chili powder
8 oz. can tomato sauce
2 T. worcestershire sauce
1 t. celery seed
1 onion, chopped

)ADD and simmer slowly 1 hr.

SERVE on heated rolls.

BEEF BARBECUE

Yield: 12 serv.

1 lg. can corned beef (12 oz.)
2 med. onions
1 clove garlic

.....GRIND.

1 c. catsup (or 1/2 c. barbecue
sauce and 1/2 c. catsup)

1 t. salt

1 T. sugar

2 t. chili powder

1/4 c. worcestershire sauce

2 c. water

1 T. vinegar

1 6 oz. can tomato paste

.....COMBINE with other ingredients in
a heavy pan and simmer for at
least one hour or until thick.

BELIEVE IT OR NOT THIS IS YUMMY!

CREOLE PORK CHOPS

Louise Dean
Temp: 375°
Time: 1 hr.

6 pork chops)
2 T. margarine) BROWN and place in greased
casserole.

1 10 1/2 oz. can condensed
tomato soup)
2 T. minced onions) COMBINE and pour over chops.
6 stuffed olives, sliced)
2 T. chopped green pepper)
1/4 c. chopped celery)

BAKE uncovered in preheated oven.

SWEET 'N' SCUR PORK



Virginia Luznar
Time: 20 min.

1 lb. pork, cut in cubes)
1 egg)
1 t. salt)MIX together.
3 t. flour)
1/2 t. pepper)

3 t. fatBROWN above in fat. Simmer 30 min.

3 green peppersCUT in 1" chunks and drop in
boiling water 6 min., then drain.

1 small can cubed pineappleDRAIN and save juice.

1/2 c. pineapple juice)
1/4 c. vinegar)
1/4 c. sugar)MIX together. Cook until thick.
3 T. soy sauce) Pour on browned pork. Add green
3 t. cornstarch) peppers and pineapple. Simmer
20 min.

Soy sauceADD to taste.