

These are recipes copied (as written) from an old Journal of a country store in Williamstown, KY. These were compiled by my great grandmother, Eva (Lucas) Sechrest, wife of Robert Curtley Sechrest. The Journal is dated 1876 and lists purchases by the local families, my great grandmother pasted "how to" newspaper articles over most of the pages and used margins to handwrite her recipes. Some of these recipes are funny to me but others are recipes that I would like to prepare and then hand down to my daughters. I hope that you find some interesting recipes to use in here as well.

Thanks
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**Eva E Sechrest's
Cook Book
Begun
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Recipe for Curing Fresh Meat

(For five hundred lbs. Of meat)

6 quarts of salt

2 ½ quarts of brown sugar

½ lb. of pepper

½ lb. of salt-peter

Mix all ingredients together. Rub every part of the meat good with this and lay each piece separately.

The recipe doesn't say what kind of pepper but I think we used black pepper. You will know as you have used this recipe before.

This amount is for five hundred lbs. Of course you proportion it according to the quantity of the meat you wish to cure. Be sure and don't get too much salt peter as it has a tendency to harden the meat.

Sugar Cured meat

To 20 lb meat

2 cups salt

1 cup brown sugar

2 Tablespoons black pepper

½ teaspoon salt peter

CAKES

Blackberry Cake

Yolk of 3 eggs

1 cup sugar

½ cup butter

½ cup sour milk

2 cups flour

1 cup blackberry preserves

1 teaspoon soda

1 teaspoon cinnamon

½ teaspoon nutmeg

Bake in four layers and use whites between.

Caramel Cake

1 cup of butter

2 cups of sugar

1 cup of milk

3 cups of flour

Whites of 5 eggs or 3 whole eggs

2 teaspoons baking powder

Caramel

1 ½ cups brown sugar

1 cup milk

1 teaspoon butter

½ teaspoon vanilla

Cherry Cake

3 eggs beaten lightly

1 cup sugar

1 cup flour

1 teaspoon baking powder

a pinch of salt

2 Tablespoons warm water

flavor with vanilla

bake in two large layers

filling

1 cup of sugar

2 cups of pitted cherries

1 teaspoon butter

1 teaspoon cornstarch

cook, fill and put on top of cake and add meringue of eggs or whipped cream

Eggless, Butterless & Milkless Cake

Place in saucepan and boil the following ingredients:

1 1/3 cup sugar
1 cup water
2 cups raisins or 1 cup currents and 1 raisin
1/3 cup lard
1/4 nutmeg (grated)
1/2 teaspoon clove
1 teaspoon cinnamon
pinch of salt

When cold add level teaspoon soda dissolved in a little warm water. Heap in two cups flour which have been sifted together with 1/2 teaspoon baking powder. If desired 1/2 cup nut meat may be added bake 1 hour

Marshmallow Icing

3/4 cup granulated sugar
1/3 cup water
6 or 8 marshmallows
white of 1 egg
few drops vanilla

Boil sugar and water mixture. Stirring until syrup spins a thread. Melt marshmallows in syrup. Pour slowly over beaten white of egg, add flavoring and spread thickly over cake. Melt 2 squares of unsweetened chocolate with 1/2 teaspoon butter and spread thin coating over icing when cool.

COOKIES

Molasses cookies

1 cup of butter
2 cups of molasses
1 teaspoon cloves
1 Tablespoon ginger
flour to make a stiff batter.
Mould the dough with the hands into small cookies and bake in slow oven

Miss Lora's Cookies (note at bottom – good)

2 cups sugar
1 cup lard
1 teaspoon level of soda
1 cup butter milk
flour to make a stiff dough

Mrs. Barton's Vanilla Wafers

1/3 cup butter and lard

1 cup sugar

1 egg

¼ cup milk

4 cups flour

1 level teaspoon baking power

½ level teaspoon salt

2 teaspoons vanilla

Buttermilk Pie

1 cup sugar

1 ½ cup buttermilk

1 egg

1 teaspoon butter

1 Tablespoon flour

stir well together and bake in oven

Vinegar Pie

Make a rich pie paste, in the bottom crust of a round pie plate sprinkle 1 Tablespoon flour, 1 cup light brown sugar on this another spoon of flour pour over this gradually ½ cup vinegar a pinch of salt ½ teaspoon cinnamon cover with upper crust and bake

Lemon Pie

Juice of 1 lemon

Yolk of 2 eggs

½ cup corn starch

½ pt. Water

Cook until thickened. Have ready a baked crust pour in filling, beat whites for top and let brown in oven.

Tomato Soup

1 quart tomatoes stewed
with ½ teaspoon soda ½ gallon boiling milk
Stir together and add 1 Tablespoon butter. Red pepper and salt. Let boil for 15 minutes and thicken with rolled crackers.

Cranberry sauce

1 quart cranberries in a granite dish
scant cup hot water
cook slowly for 2 or 3 hours stir in 1 pound light brown sugar

Divinity Peeps

2 cups white sugar
½ cup water
½ cup karo syrup
Boil until it strings and beat into the beaten white of an egg, slowly. Pour into a shallow dish and cut into squares.

Soap

18 gallons of water
¾ lb. borax
¾ lb. Rosin
2 boxes lye
8 lbs cracklings or 4 lb lard
put all in together and let come to a boil then add cracklins and boil 1 hour.

Unfermented wine

Wash grapes, press out the juice, sweeten to taste, fill bottles and set them on a thin board in a boiler, fill to the neck of bottles with water, bring to a boil and boil for 10 minutes. Then fill up whatever has evaporated from one bottle and seal while hot.

Lemon Cheese Cake

2 cups sugar
½ cup butter
¾ cup sweet milk
3 cups flour
3 teaspoons baking powder

Filling:

Grated rind and juice of two lemons, yolk of 3 eggs, ½ cup butter, 1 cup sugar. Cook till thick as sponge and use as a jelly between the layers.

Golden Cake

1 cup butter
2 cups of sugar
1 cup sweet milk
3 cups flour
½ cup cornstarch
4 eggs
2 teaspoons baking powder
2 teaspoons lemon extract

Orange cake

1 cup sugar
½ cup butter
½ cup sweet milk
2 cups flour
3 eggs
1 ½ teaspoons baking powder

filling

grated juice and rind of 1 orange, add sugar until quite stiff

One egg loaf cake

2 cups sugar
1 cup sweet milk
2 cups flour
1 teaspoon baking powder
1 egg
cinnamon to taste
½ cup butter
¼ teaspoon soda

Mix dry ingredients well then add butter and mix thoroughly. Beat one egg well add milk. Then carefully mix with dry ingredients.

Blackberry Cake

Yolk of 3 eggs
1 cup sugar
½ cup butter
½ cup sour milk
2 cups flour
1 cup blackberry preserves
1 teaspoon soda
1 teaspoon spice
1 teaspoon cinnamon
½ teaspoon nutmeg
Bake in four layers and use whites between

Coconut filling

½ cup sugar

½ cup flour

whites of 2 eggs

beat eggs and stir in flour and sugar, add ½ pt. boiling milk, 1 cup of grated coconut.

Orange Shortcake

Sprinkle sugar over peeled, sliced oranges for 2 or 3 hours before using

Use 1 qt. flour

2 Tablespoons butter

2 teaspoons baking powder

Mix with cold water. Bake, split open and put oranges between, serve with sweetened cream

Sponge Cake

2 cups sugar

2 cups flour

4 eggs

2 teaspoons baking powder

1 teaspoon lemon

¾ cup boiling water

add water last. The cake may seem thin but will be alright when baked.

Angel Food

1 ½ cups pulverized sugar

1 cup flour

1 teaspoon cream of tartar

whites of 10 eggs

Beat whites to a stiff froth, sift sugar 3 times, add it very lightly to the eggs. Sift cream of tartar through flour after sifting flour alone, 3 or 4 times. Add it very carefully, mixing as gently as possible, add flavoring. Put in bright cake tin NOT BUTTERED. Bake in a moderate oven about 45 minutes, let it cool off gradually by leaving the oven door open. Turn pan upside down on something. When entirely cold take out.

Roll Jelly Cake

1 cup sifted flour

1 cup coffee sugar

1 large teaspoon baking powder

3 eggs

stir quickly, pour into square tin bake in a hot oven. Turn out on a wet towel spread with jelly, roll, wrapping in damp towel

Baker's Gingerbread

1 ½ cups sugar

½ cup melted lard

1 cup water

1 Tablespoon vinegar

1 level teaspoon soda,
pinch of salt

2 level teaspoons cinnamon

½ teaspoon nutmeg

ginger to taste

mix as softly as can be rolled, put in pan. Mark in squares with knife and bake in moderate oven.

Soft Ginger bread

1 cup sorghum

2 Tablespoons butter

Stir in just as much flour as this mix will take.

Put a Tablespoon of soda in a cup filled with boiling water and stir out in the batter. Stir and add a pinch of salt, a teaspoon of ginger. Bake in a long pie tin.

Lemon Crackers

2 ½ cups sugar

1 cup lard

2 eggs

five cents bakers ammonia

dissolve in 1 pt. sweet milk 05 cts oil lemon. Mix stiff and knead well. Roll thin. Bake in quick oven

Never failing Ginger snaps

1 cup each sugar, molasses and shortening

1 egg

1 Tablespoon each of ginger and vinegar, dissolving in the batter

One teaspoon of soda

7 cups of flour

use no milk no water. Roll thin and bake in quick oven

Three egg angel food cake

1 cup sugar
1 1/3 cup flour
1/2 teaspoon cream of tartar
3 teaspoons baking powder
1/3 teaspoon salt
2/3 cup scalded milk
1 teaspoon flavoring

Mix and sift first five ingredients 4 times. Add milk slowly while hot beating until light. Add flavoring, fold in whites of eggs beaten very lightly. Turn into ungreased pan, bake slowly for 45 minutes. Remove from oven and invert pan. Stand until cold then ice.

Pimento

2 cups grated cheese
1 teaspoon ground white salt
1/2 cup rich milk
2 well beaten eggs
1 Tablespoon butter
2 dashes pepper

Melt cheese and add milk then the eggs and other ingredients. Cook until eggs are set. Put in cold water and beat until smooth. Add 1 can pimento chopped fine.

Buttermilk Pie

1 cup sugar
1 1/2 cup buttermilk
1 egg
1 teaspoon butter
Stir well together and bake in oven

Oyster Pie

Make a soft dough of 1 cup of flour, 1 Tablespoon of salt, 1 teaspoon of baking powder, mixed with 1/2 cup of milk containing 1 Tablespoon of butter. Fill a pudding dish with oysters dredging each layer with flour, salt, pepper and butter, cover with crust leaving a hole in crust and bake quickly.

Seasonings for Sausage

18 lbs meat
6 Tablespoons full salt
3 Tablespoons full pepper
2 Tablespoons full sage

Good Pudding

1 pt. bread crumbs

1 cup sweet milk

Butter, size of an egg

Yolk of 2 or more eggs

When done spread with jelly and ice serve with sauce

Minute Pudding

Boil 1 pint of milk and quickly stir in dry flour until quite stiff. Add pinch of salt and just as removed from fire add 2 cups of pitted and sweetened cherries, served with whipped cream

Butterscotch Pie

1 egg

1 cup dark brown sugar

1 cup milk

3 Tablespoons flour

2 butter

3 Tablespoons water

¼ teaspoon salt

1 Tablespoon powdered sugar

1 teaspoon vanilla

Put yolk of egg in saucepan add brown sugar, flour, melted butter, water, salt and vanilla. Stir over fire till thick, put in baked crust. Beat whites add sugar place on pie and brown.

Corn meal pudding

1 quart milk

1 large cup of corn meal dissolved, boil until it thickens

1 large cup of seeded raisins

1 cup of brown sugar

1 Tablespoon full molasses

1 teaspoon cinnamon

1 teaspoon full cloves

1 teaspoon full allspice

two beaten eggs

Bake and cover with sauce

Sauce: for above

½ cup butter beaten to a froth

????? thicken with powdered sugar, white of an egg and flour

Liniment for Rheumatism

1 pint good cider vinegar

5 cents worth of gum of camphor

heat until camphor is dissolved.

Add ¼ pint each turpentine and coal oil. Bottle for use. Heat a little before using as a massage.

Lotion for bathing abdomen in cases of Typhoid fever

1 pint good vinegar

1 Tablespoon salt

1 Tablespoon smart weed

1 Tablespoon hops

Boil 15 or 20 minutes, have two flannel cloths size of swollen abdomen. Dip into the liquid and spread on while moist and warm until swelling subsides.

Beet Preserves

To 2 quarts vinegar add 4 lbs brown sugar

½ teaspoon of alum

Let boil, after skimming add 1 teaspoon each of spice, cloves, mustard, a few peppers all unground, tied in a rag and boil again adding a little cayenne and salt, pour over beets. Next day pour off the syrup, bring to a boil, pour over beets and seal.

Canned Corn

Cut six quarts of corn from cob putting the scrapings in another vessel. Have boiling water ready. Measure the six quarts of corn just in kettle. Pour boiling water enough to cover well. Let come to a simmer then add 1 oz of tartaric acid which has been dissolved in ½ pt of boiling water. Boil for 25 minutes then stir in the scrapings and cook for 5 minutes longer, stirring to keep from sticking, then put in jars and seal and keep in cool place. Some claim it will keep in self sealers. Also that beans and pears will keep just up the same way.

Pepper Hash

12 red sweet peppers

12 green peppers

3 red peppers hot

15 onions

Chop fine all together. Flour. Boiling water over let stand 3 minutes then drain. Add 1 ½ cups vinegar, 1 ½ cups brown sugar

3 Tablespoons salt

Let boil, can immediately

Corn salad

1 doz ears of corn
1 large head of cabbage
2 bunches of celery
6 large onions
3 red peppers
3 Tablespoons salt
3 cups sugar
2 pts strong vinegar
1 pt colemdres mustard
1 Tablespoon tumeric
put all together boil good and seal air tight.

Canned Sweet Potatoes

Prepare a syrup by boiling ½ cup sugar 4 cups water for five minutes
Cook till tender, the sweet potatoes in a little salted water
Drain, peel, slice and pack in jars. Cover to over flowing with syrup seal, clean and may in blue paper keep in cool dark place.

Lemon Extract

Put the rind of 3 lemons into ½ pt alcohol, pour off into a bottle and add 1 oz oil of lemon

Orange

Prepare the same way

A delightful flavoring for a cake may be had by placing a geranium leaf in the bottom of the tin and pouring the cake on it

Vanilla

Get 3 fresh vanilla beans break in small pieces and put in ½ pt alcohol it will be read for us in a few days.

Unfermented Wine

Pick grapes from stem and weigh these in porcelain kettle with very little water to keep from burning, cook until stoves and pulp separate. Press and strain through a thick cloth, return to the kettle and add 3 lb sugar to 10 lb grapes. Heat to a simmer, bottle hot and seal.

Mince Meat

To 1 lb beef add the following

1 lb suet
2 lb apples
1 lb currants
1 pt of cider
1 lb raisins
1 oz ground cloves
1 oz cinnamon
½ oz citron
sugar to your taste

Unfermented Wine

Wash grapes, press out juice, sweeten to taste, fill bottles and set them on a thin board in a boiler, fill to the neck of bottles with water, bring to a boil and boil for 10 minutes. Then fill up whatever has evaporated from one bottle and seal while hot

Condition Powder

1 pk Arm & Hammer soda
½ lb sulphur
3 oz copperas
2 oz saltpeter
1 lb common salt

1 Tablespoon full a day for 3 or 4 days then every other day for a week
(Dear Bro as I forgot this I will mail it to you give your cow a little along to yours)