

Love Inspired Historical Authors' Old Family Recipes

A collection of recipes from authors of Love Inspired Historicals
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Love Inspired Historical Authors' Old Family Recipes

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Index of Recipes--page 21

Disclaimer: This is an informal collection of recipes authors have offered to share in good faith. This booklet comes with no warranties or guarantees. Make these recipes at your own risk. :-)

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Cheryl St.John

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The extended family gathered at my grandparents' home every Saturday and often again for Sunday dinner. My Grandma St.John was an amazing cook and, having raised six children of her own, she knew how to stretch a meal. I've never been a picky eater—we ate what was placed on the table and we liked it. To this day many of my favorite meals are those that closely resemble those my grandmother made. Here are two of my favorites.

Cabbage Rolls

½ cup rice
1 small head cabbage
1 pound ground beef
1 to 2 teaspoons salt
¼ teaspoon pepper
1 egg, beaten
2 tablespoons butter
1 cup hot water

Cook rice in boiling salted water for 10 minutes; drain. Trim soiled outer leaves from cabbage and discard; cut out core. Pour boiling water over cabbage and let stand 5 minutes or until leaves are pliable.

Remove from water, drain, and carefully remove whole large leaves from the head.

Meanwhile, combine beef with seasonings, beaten egg, and cooked rice. Place a portion of the meat mixture in the center of a cabbage leaf and fold the leaf over in envelope fashion, fastening with a toothpick.

Brown rolls slightly in butter in a heavy skillet. Add hot water, cover and simmer for 1 hour and 15 minutes.

Makes 6 to 8 servings.

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Hunter's Stew

6 onions, chopped
½ cup shortening
3 pounds hamburger
3 quarts boiling water
12 stalks celery, chopped
4 carrots, diced
2 cups tomatoes
salt and pepper

Cook onions in fat until transparent, but not brown. Add hamburger and cook until heated thoroughly and slightly browned. Add water and simmer.

Combine vegetables and add an additional 3 quarts cold water and bring to boiling point. Add meat mixture and seasonings to taste. Cook until vegetables are tender.

Noodle Batter

6 eggs
1 cup milk
1 ½ teaspoons salt
2 ¼ cups flour
Beat eggs together until frothy. Add milk, salt and flour to make a thin batter.

Set a colander over boiling stew, pour in batter and press it through quickly.

Cook five minutes until noodles and the stew are done.

Serves 15.

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Valerie Hansen

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Mom didn't teach me to cook. I stumbled through and my family survived but we did not eat gourmet food. When my dear grandma cooked she measured mostly by cooking spoon and hand. I got her recipe for an apple pancake she called "Datch". It's simple but, as I said, imprecise. When she says Tablespoon, she means the kind you stir or serve with. As long as you use the SAME SPOON for all the measurements it should work.

Valerie Hansen's grandma's DATCH

2 T. flour
1 egg
salt
3 or 4 T. milk
speck baking powder
apples, sliced THIN

Beat together all but apples (batter will be thin)
Add apples
Fry like a pancake

Grandma made it in an iron skillet and poured it out like an omelet. She could flip it intact. I cut it into 1/4ths and flip those.

It's served dusted with sugar.

2nd Recipe

Grandma Edith Reeder, nee Hollrung, made "Datch" when I was a little girl.

Grandma Ruth Wilkinson, nee Seybold, my husband's grandmother, was even more of a pistol than we thought. Protest march pictures of her in the early 1900s were a real surprise! Here's her recipe. She used to make these cookie bars for us and pack a box full of them whenever we were planning a vacation. We never went hungry!

Banana Cookies

1 1/4 C. sugar
2/3 C. shortening
1 tsp. vanilla
2 eggs, unbeaten
1 C. ripe, mashed banana (about 3)
2 tsp. baking powder (heaped)

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2 1/4 C. sifted flour
1/4 tsp. baking soda (heaped)
1/2 tsp. salt
1 C. chopped nuts

Batter will not be stiff. Pour into jelly roll pan or cookie sheet with raised sides and smooth it out so it's even. Top with 1/4 C. sugar and 1/2 tsp. cinnamon. Bake at 350 for 15-20 min. It will rise a little like a thin cake. Cool and cut into squares. These can also be made as drop cookies but grandma found an easier way and just baked a whole sheet of them.

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This is my mom's 24 Hour Salad. This is a family favorite dessert for Thanksgiving or Christmas. The men in our family always asked for it to be included every year and got quite upset if they thought they wouldn't get it. Of course they always did, though. After my mother passed away, I looked all over for her recipe box but I couldn't find it anywhere. I thought many of those recipes had been lost forever. But my brother, whom she'd lived with, gave me a wonderful Christmas gift several years after her passing. He'd found her recipe box and gave it to me. I still get teary-eyed when I think about it. Now I can hand them down to my daughter and granddaughters to be enjoyed for generations to come.

Ingredients:

2 eggs
1/2 cup sugar
1 lemon, juiced
1/2 cup whipping cream
1/2 cup nuts
1 1/2 cups white cherries
1 1/2 cups pineapple chunks
10 large marshmallows, cut up

Directions:

1. Beat eggs, add sugar & lemon juice and cook until slightly thick.
2. Cool, then add cream, nuts, fruit and marshmallows.
3. Keep refrigerated or in freezer--needs to "set" up and get a little firm.

This is a family favorite dessert for Thanksgiving or Christmas.

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I've looked high and low for my grandmother's oatcake recipe, but haven't been able to find it. I'll have to get it from my cousin. In the meantime, here is one for cookies called daffy cakes that comes from my husband's grandmother. They're a tradition for Christmas at our house because they look so pretty on a plate of sweets.

Daffy Cakes

2 eggs, unbeaten

1/2 cup butter

3/4 cup sugar

2 cups flour

pinch of salt

2 tsp baking powder

Cream butter. Drop one egg at a time, add sugar and beat well. Add flour, salt and baking powder.

Roll dough to 1/4 inch thick, cut into rounds with cookie cutter and line mini-muffin tins. Fill with jam or jelly (we use raspberry jam, but an assortment of flavors might be nice. Bake 15 minutes at 350 F. When cool, garnish with a dollop of icing (we tint ours pale pink).

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When my husband was growing up in the Deep South (Alabama) his mother made home-made buttermilk biscuits every single night. I got her recipe and made them nightly when we were first married in our 20s -- and were skinny! No more! My husband is lucky to get them three times a year now -- and one of them is his birthday!

It's a very simple recipe, but DO NOT substitute milk for buttermilk. Buttermilk is the ingredient that makes them delicious. And good old Crisco. Don't substitute vegetable oil, either! Also, don't use regular flour with baking powder, either!

Southern Buttermilk Biscuits
from Cheryl Bolen

Mix these 3 ingredients in large bowl:

2 cups self-rising flour

1/3 cup Crisco (vegetable shortening)

3/4 cup buttermilk

These are not cut-outs. We make into balls and flatten them, patting them all around with extra flour, then placing them in a large, metal pie plate that has been either buttered or greased. Allow the biscuits to touch each other and climb up the sides, too.

Cook in a 475 degree oven until they are getting golden. (I usually check the bottom of one to make sure they're not getting overdone.) About 15 minutes.

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My father was actually the best cook in my house when I was growing up, and my mother will readily admit that. Every Christmas, he'd make a great crab dip. It was a favorite with the family, his work buddies, and his bowling buddies. Here's how you make it:

Dick Brown's Crabby Dip

8 ounces fresh or canned crab meat

1 8-ounce package cream cheese

2 T minced onions

2 T chopped dill pickles

1 and 1/2 C mayonnaise

1/4 t salt or to taste

1 and 1/2 T lemon juice

Break up the crab meat. Break up the cream cheese and add mayo to it. Add crab meat to mixture. Then mix in remaining ingredients. Chill if desired.

It's great with fresh vegetables or chips or on toast or crackers.

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Janet Dean

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The recipe for shortcake was my mother's. I don't know if it originated with her or not, but we enjoyed strawberry shortcake often in the spring when my parents' patch of strawberries ripened. The shortcake is more biscuit than cake, slightly sweet and crunchy.

Shortcake

1 cup flour
2 level teaspoons baking powder
Salt (pinch)
¼ cup sugar
2 rounded tablespoons shortening

Mix thoroughly with a pastry blender.

Add about 1/3 cup milk

Mix lightly with a fork. Bake in slightly greased small pie pan at 400 degrees until golden. Do not over bake. Cut into wedges. Top with vanilla ice cream and juicy sliced and sweetened strawberries.

The Olive spread recipe came from our younger daughter via her mother-in-law. Both of our daughters married men with moms who are great cooks. They not only married into a family, they married into favorite family recipes and brought those into our lives, too.

Olive spread

8 oz cream cheese with 1/3 less fat
Small (2.25 oz.) can chopped black olives
Bunch of green onions finely chopped

Mix. Serve with Ritz Toasted Chips. Can be made the day ahead.

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Friendship Tea is a recipe my mother shared with me as a child. We still make it at the beginning of every fall season. When I lived closer to mom, if she made it first, she'd bring a jar to me and if I made it first I gifted a jar to her. We love this recipe because it's a giving recipe. Both of us like to share it with our friends and family. It makes a great Christmas gift.

Friendship Tea – a sweet spiced Russian tea

1/2 cup instant tea

2 c. powdered orange juice drink

1 pkg. dry lemonade (to make 1 qt)

1 tsp. ground cloves

1 tsp. cinnamon

1/2 cup sugar

Mix ingredients and store in a jar with tight lid.

To serve: Add 2 teaspoons to each cup of boiling water.

This tea is called Friendship Tea because it makes such a large quantity, you'll want to share it with friends.

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Some recipes are old, some are new, but the fondness I have for going home (to Texas, in my case) and being with relatives who've known me since childhood is one I imagine I share with all of you. This recipe is from my latest visit to the ranch near Austin where my aunt lives with her son and daughter-in-law. So I'm sharing this recipe with thanks to Cheryl, who shared it with me. I hope you enjoy it!

Angel Chicken

4-6 boneless chicken breasts

1/4 c. butter

1 0.7 oz. dry Italian Salad dressing mix, like Good Seasons

1 10 oz. can golden mushroom soup

1 2 of 8 oz. tub of cream cheese with chives and onion

Angel hair pasta (hence the name, but you can also use noodles or rice)

1 1/2 cups of white cooking wine or beer

Put chicken in bottom of Crockpot.

In medium saucepan: melt butter, cream cheese and soup. Blend well

Add salad dressing, then wine/beer

Pour this mix over chicken in crock pot.

Cook on high at first, then lower for remaining time.

Cook pasta/rice/noodles and serve with the chicken and sauce on the top.

THIS CAN ALSO BE DONE AS A SKILLET DISH--Brown the chicken or boil it for awhile first.

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French Toast

Versions of this recipe date back to the 4th or 5th Century, with different countries giving it various names. However, we always called it French Toast. And although my mother is, hands down, the best cook in our family, this recipe is special, because it's one of the ones my dad used to make us for breakfast. It was always a delicious, and welcome treat, and made even more special, because it was always served with love.

Ingredients:

- 1 egg
- ½ tsp cinnamon
- ½ tsp vanilla extract
- ¼ cup milk
- 3 small slices of bread

Preparation:

- Mix all the ingredients together in a wide, shallow bowl
- Put toast in the mixture, flipping it so it is evenly coated
- Let bread sit in mixture for several minutes, until most or all of the liquid is absorbed
- Fry or grill the bread, pouring any remaining mixture on top
- Brown bread on both sides until thoroughly cooked
- Transfer to plate, and top with maple syrup, powdered sugar, fruit, or whatever else you want
- Enjoy!

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My grandmother baked two very special Christmas cookies, and I've kept the tradition going for my sons. The first recipe has all sorts of goodies. Add or subtract ingredients as you like, including red and green M&Ms for Christmas. The second recipe is my all-time favorite. It's not Christmas without an almond crescent or two!

Home on the Range Christmas Cookies

3/4 cup butter
1/2 cup sugar
1/2 cup brown sugar
1 egg
1 cup flour
1 tsp cinnamon
1 tsp vanilla
1/2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 c. oatmeal (regular not instant or steel cut)
1 c. Rice Krispies
1/2 can shredded coconut (3 oz or so)
1 small bag chocolate chips
1/2 large box raisins
1/4 lb. walnuts

Preheat oven to 375 degrees. Cream butter and sugar and vanilla. Add beaten eggs. Cream well. Add dry ingredients (sugar, brown sugar, flour, baking powder, baking soda, salt). Mix well. Add coconut, chocolate chips and nuts. Flatten into small cookies with wet hands. Bake for 10-12 minutes. Makes approx. 8 dozen cookies.

Almond Crescents

1 lb. butter or margarine
1 c. sugar
4 c. flour
2 tsp. vanilla
1/2 lb. whole raw almonds
Powdered sugar

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Heat oven to 325 degrees. Cream butter and sugar. Use a food processor or blender to grind the almonds into a coarse powder. Add ground almonds and vanilla to the bowl with the butter and sugar. Mix well. Add flour. I usually start mixing with a spoon and end up mixing with my hands. Shape into small crescents. Bake 25-30 minutes.

Bottoms are usually light brown. I let them cool on the cookie sheets, and the bottoms brown up a little bit more. Let cool, then roll in powdered sugar. This makes about 10 dozen, but it varies tremendously with “crescent” style.

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I grew up eating blueberry pancakes every Saturday morning when we had a big family breakfast. But I never tried banana pancakes until I was married with two kids and making pancakes one morning. I glanced at my overripe bananas sitting on the counter and thought, "Why not throw them in and see how things turn out?"

The result was super yummy! They taste like banana bread, but all wrapped up in a pancake. Some recipes call for lots of banana and less flour, but I've found this gives the pancakes a rather mushy, banana taste. I prefer using a traditional pancake recipe and then tossing in some bananas for extra flavor.

Banana Pancakes

Ingredients:

1 1/2 cups all-purpose flour

1 1/2 teaspoons baking powder

1 teaspoon salt

1 tablespoon white sugar

1 1/4 cups milk

1 egg

2 tablespoons vegetable oil

1 tablespoon ground flax seed (just to make things extra healthy)

1-2 overripe mashed bananas (depending on how much flavor you want)

Directions:

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center.

In a separate bowl mix together the milk, egg, oil and banana; mix until smooth. (Here's a hint for mashing bananas: put them in a Ziploc bag, then give them to your kids to mash. Super fun for little ones!)

Combine the liquid mixture with the dry ingredients and stir until thoroughly mixed. Be aware that the bananas will leave little lumps.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Love Inspired Historical Authors' Old Family Recipes

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My mother was also a writer. She had hundreds of articles, puzzles, devotionals and children's stories published. . .mostly in Sunday School papers. Raising a family, growing a large vegetable garden, doing laundry in a wringer washer after hauling in the water and making food from scratch plus her writing, kept her busy. Yet she was always trying new recipes and looking for short cuts in cooking. She either found or created this simple cookie recipe and because I love cookies and easy recipes, I enjoy it too though I reduce the sugar a little, preferring a less sweet cookie. When my kids were at home I baked 7 gallons of cookies a week so of course I tripled or more the recipe. It's a great way to teach your children math skills.

STIR-N-DROP SUGAR COOKIES

2 eggs

$\frac{3}{4}$ cup sugar

$\frac{3}{4}$ cup vegetable oil

2 cups flour

2 tsp vanilla

2 tsp baking powder

1 tsp lemon

Mix liquids. Blend in sugar. Blend in flour and other dry ingredients. Drop by spoonfuls to ungreased baking sheet. Flatten with greased bottom of glass. Bake at 400 for about 10 minutes until golden.

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Lyn Cote

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My dh is half Slovenian and this is his family's favorite recipe, I should say TREASURED recipe. We called his grandmother, Staramama, the Slovenian title and this is her family recipe. I've modernized the dough part--use a bread maker and this is easy!

Potica, Slovenian Sweetbread

(pronounced Po teet za)

Ingredients

Dough:

Use bread maker recipe for sweet dough for 2 loaves. Use dough cycle and remove after first rise.

Filling:

1 cup sweet cream

1 cup sour cream

1 stick of butter

1/2 cup honey

1 1/2 cup white sugar

1 1/2 lb walnuts, finely ground

1 tsp vanilla

1 tsp lemon rind

1 tsp ground cinnamon

1/2 tsp ground cloves

2 egg yolks

2 egg whites, beaten stiff

Directions

Dough:

Lightly grease one or two cookie sheets. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and roll out to 1/4 to 1/2 inch thickness.

Filling:

Scald the sweet cream and butter. Pour over nuts.

Add honey, vanilla, lemon, cinnamon, cloves and sour cream.

Add yolks and stiffly beaten whites.

Add sugar and mix well with nuts.

Spread each piece with the filling. Roll each piece up like a jelly roll and pinch the ends. Place seam side down onto the prepared baking sheets. Let rise until double in volume. Preheat oven to 350 degrees F (175 degrees C). Bake at 350 degrees F (175 degrees C) for about 60 minutes or until the top is golden brown.

Love Inspired Historical Authors' Old Family Recipes

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Here's a recipe my Momma used to make. My mom got this recipe from her mother, but I'm not sure where Mamaw Chaisson got it. We are all natives of the bayou country of south Louisiana (rural Lafourche and Jefferson Parish towns).

I have very fond childhood memories of this as a rarely cooked special treat - so yummy and satisfying, especially when eaten while still warm. My sister and I used to fight over who would get to lick the spoon when Momma was finished cooking it! I've never seen this on any menus or served anywhere else, and I get strange looks from folks when I talk about 'cracker pudding'. So a couple of years ago I asked Mom about it - she hadn't made it in ages - and she cooked up a batch. It was every bit as delicious as I remembered it being and eating it immediately made me feel like a little girl at Momma's table again. This time I wrote down the recipe as she cooked it so now I can make up a batch for myself whenever I'm in the mood for some old-fashioned food-style comfort. And now, so can you!

Momma's Cracker Pudding

1 quart milk
12 oz can of evaporated milk
2 eggs, well beaten
1 cup sugar
4 tblsp cornstarch dissolved in 6 tsp water
2 tblsp vanilla
2 sleeves of saltine crackers

Cook milk and evaporated milk together on medium heat until it begins to simmer
Add dissolved cornstarch. Continue cooking about 15 minutes, stirring constantly, until it begins to thicken

Add eggs and sugar. Cook two more minutes.

Cool slightly, then add vanilla

Pour over crackers

May be eaten warm or chilled.

Cover and refrigerate leftovers

Love Inspired Historical Authors' Old Family Recipes

Index of Recipes

- Cabbage Rolls--page 3
- Hunter's Stew--4
- Datch--5
- Banana Cookies--6
- 24 Hour Salad--7
- Daffy Cakes--8
- Southern Buttermilk Biscuits--9
- Dick Brown's Crabby Dip--10
- Shortcake--11
- Olive Dip--11
- Friendship Tea--12
- Angel Chicken--13
- French Toast--14
- Home on the Range Christmas Cookies--15
- Almond Crescents--15
- Banana Pancakes--17
- Stir 'n' Drop Sugar Cookies--18
- Potica, Slovenian Sweetbread--19
- Momma's Cracker Pudding--20