

# *Sister of My Heart Recipes*



Dear readers, I have put together this little recipe book for you. The recipes are proved and tested. Some came from cookbooks written in the 1800s, and some are old family recipes passed down through the years. I hope you enjoy it.

Jorja Lewis

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## Life's Recipe

1 cup of good thoughts 1 cup of kind deeds

1 cup of consideration for others 2 cups of sacrifice for others

3 cups of forgiveness

2 cups of well-beaten faults

Mix these thoroughly. Add tears of joy and sorrow and sympathy for others. Fold in 4 cups of prayer and faith to lighten other ingredients and raise texture to great heights of Christian living. Pour this often into your daily life. Bake well with the heat of human kindness. Serve with a smile.

## Grandpa Schwartz's Kraut-burgers

(Also called Cabbage Pockets & Bierocks)

### Kraut-burger Filling

3 lbs. lean ground beef, browned and drained (set aside) 1 medium head of cabbage, shredded or finely chopped

1 large onion, chopped 1 tsp. salt

2 Tbsp. ground pepper

In a large cooking pot, add cabbage, onion, salt, and pepper. Cover with water. Bring the pot to boil and simmer on low heat until the cabbage mixture is fully cooked and tender. (Approx. 1 hr.) Add cooked beef to cabbage and let simmer for 20 minutes. Remove mixture from the stove, drain, and let cool.

Roll out dough into 6"x 6" squares. Place heaping 1/3 cup of cabbage mixture in the center of the square. Pinch edges together and place seam side down on baking sheet spacing 2" apart. When the baking sheet is full, bake at 350° for 15 to 20 minutes until golden brown. Brush the tops with butter after you remove them from the oven and let cool.

(Modern cooks may keep in the freezer.) Makes appr. 24. Goot by golly!

\*Grandpa Schwartz's Bread recipe is after Chapter 5 page 8 of this book. \* If making bread dough seems intimidating modern cooks can use Hot Roll mix, frozen Texas dinner rolls, or bread machine dough prepared per package directions.

As Grandpa Schwartz always said:

It's better to have a louse in the kraut than no meat at all, by golly.

## Laddie and Paddy's Fried Trout

4 Trout (about 12" long) cleaned, head & tails removed

$\frac{1}{4}$  C. lard (modern cooks can use oil of choice)

$\frac{1}{2}$  C. yellow cornmeal

$\frac{1}{4}$  tsp. sage

Salt & pepper to taste

Add spices to cornmeal & place in shallow dish.

Heat oil in a large cast-iron skillet medium heat.

Dredge fish in cornmeal mixture, then transfer to hot oil in skillet. Turn fish over when the underside is golden brown. When both sides of the inside meat is white, the fish is done. Makes 4 servings

## Aunt Bridget's Shepherd Pie

Grandpa Schwartz pie crust

2 C. flour

1 tsp. salt

$\frac{3}{4}$  C. lard (modern cooks use Crisco)  $\approx$  to 9 Tbsp.

2 Tbsp. icy cold water

Sift flour and salt together. Cut in shortening and blend with a pastry cutter or by hand. Blend until shortening and flour feel like cornmeal. Add cold water. Tenderly toss and work together the dough to form a ball. (Don't press the dough, the less you handle the dough, the flakier your crust will be.) Roll out dough on a floured board. Place dough in pie plate, pat down, and crimp edges. Bake at 425 for 15 minutes or until browned. Makes 2 pie shells.

Filling:

1 large cooked and boned chicken (save broth)

2 large carrots sliced

1 C. green peas 1 C. corn

1 C. lima beans

2 medium potatoes, diced 1 Tbsp. corn starch

Salt and pepper to taste

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

In a large pan, add boned chicken and broth. Add prepared vegetables and let simmer low heat until vegetables are cooked. Add cornstarch to cold water and mix well. Then add to the chicken mixture to thicken.

While the mixture thickens, prepare two pie crusts. Partially bake one pie shell at 350° for about 10 minutes.

Pour chicken mixture into partially baked shell. Place second pie shell on top of crust and crimp edges together. Dot top crust with butter, sprinkle with salt, and pierce top crust to vent. Bake 350° for 15-20 minutes.

## GRANDPA SCHWARTZ'S BREAD

Start with a warm house, warm hands, and a warm heart

2 packages yeast

$\frac{1}{2}$  C. honey

1 tsp. salt

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

6 to 8 C. flour

In a large mixing bowl, dissolve yeast into 1 cup of warm water or milk (just a bit warmer than body temp.) Stir  $\frac{1}{2}$  C. honey into 2 cups of hot water. While yeast is dissolving, and the honey is cooling... Drink a cup of coffee or tea... read a chapter in a book ... write a letter... or stare aimlessly out the window.

Add cooled honey water to the yeast and stir. Stir in salt and oil. Slowly add flour until the batter is too thick to stir with a big wooden spoon. Cover the bowl with a teatowel. Leave the batter-like mixture in a warm spot. While the dough is resting, eat breakfast... read the paper... and then after the breakfast dishes are washed...

Add sifted flour to batter until you have a soft dough that you can turn out onto a board, then add more flour as you knead the dough. Knead until the dough is no longer sticky. Lightly grease ball of dough with shortening and place back into bowl and cover with a tea towel. Leave in a warm place for 1 to 1  $\frac{1}{2}$  hours. When the dough rises out of the top of the bowl, punch the dough down and divide into 3 greased loaf pans for 40-

50min. All bread baked in moderate oven (350°). Loaves are done when thumped on top and it sounds hollow. Brush bread with butter after pulled from the oven. For dinner rolls form dough into balls and place them into a greased muffin tin. Bake dinner rolls 350° for 30 min. For Kraut-burgers roll out into squares (approx..5"x5") add filling into center of square, fold and pinch edges together. Bake Krautburgers 350° 30-40 min. Kraut-burger filling recipe on page 4 of this book.  
Goot by golly!



## JACKIE'S BISCUITS

$\frac{1}{3}$  C. lard (modern cooks use Crisco or butter)

1  $\frac{3}{4}$  C. flour

2  $\frac{1}{2}$  tsp. baking powder

$\frac{3}{4}$  C. salt

$\frac{3}{4}$  C. milk

In a bowl, sift together flour, baking powder, and salt.

Add lard and cut into flour until lard and flour feel like small peas. Add milk and mix. Knead the dough until it quits your hands and leaves them clean and forms a ball. Pat out dough on a floured board about  $\frac{1}{2}$ " thick. Cut with the edge of a tumbler, or a biscuit cutter, dipping in flour frequently to prevent sticking. Place on a lightly greased baking sheet. Bake in a hot brisk oven until light brown (at  $450^\circ$  for 10 minutes).

## Grandpa Schwartz's Apple Streussel

Streussel Topping:

$\frac{1}{2}$  C. flour

$\frac{1}{2}$  tsp. ground cinnamon

3 Tbsp. butter (cold)

$\frac{1}{4}$  C. brown sugar

In a large bowl, mix together the flour and cinnamon.

Cut in the butter with a fork until it looks like coarse crumbs. Stir in brown sugar. Set aside.

Cake Batter:

1 C. flour

1 tsp. baking powder

$\frac{1}{8}$  tsp. salt

$\frac{1}{4}$  C. butter (room temperature)

$\frac{1}{2}$  C. sugar 1 egg

$\frac{1}{2}$  tsp. vanilla

$\frac{1}{3}$  C. milk

1 large or 4 medium apples, peeled, cored, and cut into thin slices. In a bowl, sift together the flour, baking powder, and salt. In a separate bowl, cream butter until smooth. Add sugar and beat until light and fluffy. (Modern cooks may use an electric mixer). Add egg and vanilla extract and mix thoroughly. Add flour mixture alternating flour with the milk and beat only until

combined. Spread the batter into an 8" round pan, greased with butter. Evenly arrange the apple slices on top of the batter. Sprinkle with the Streussel topping. Bake in a moderate oven (350°) for 45-50 minutes or until a toothpick inserted in the center comes out clean. Remove from oven and place on a wire rack to cool. Serve warm with whip cream or vanilla ice cream. 8-10 servings

Delikat (delicious) by golly

### TEA-TIME CUCUMBER SANDWICHES

1 loaf thin sliced bread  
1 Tbsp. good olive oil  
1 Tbsp. lemon juice  
Scant tsp. sugar  
Pinch ground white pepper  
Pinch salt  
1 tsp. parsley  
1 tsp. dill weed  
1 (12") thinly sliced  
cucumber Creamed butter or  
cream cheese

The cucumber must be cut as thin as possible using a mandolin (vegetable slicer.) Place slices into a colander. Lightly salt the slices and leave in a colander to drain weight lightly with a plate, for 2 hours or so, pressing from time to time to get rid of the excess juices. Combine the sliced and

drained cucumbers with oil, lemon juice, sugar, and dredge in combined spices. Spread thin slices of white bread with creamed butter or cream cheese; fill in the usual way. Cut off crust and cut into 4's. Serve at once, as this sandwich can become soggy.

### *A Perfect Pot of Tea*

To make a perfect pot of tea, bring freshly drawn water to a brisk boil. Pour a little of the hot water into a 4 cups earthenware teapot to warm it. Then using good quality tea, put 3-5 teaspoons, according to taste, into the pot. Bring the water back to a boil and pour over tea leaves immediately. Cover the pot with a tea cozy and allow to steep and brew for 7 minutes...no more...no less. Never boil tea in water. Serve hot with cream and sugar.

## GRANDPA'S PASTY DOUGH

3 C. flour

1 1/2 knobs (cold) butter (sticks)

1 1/2 tsp. salt

6 Tbsp. water

In a large bowl, combine flour, butter, and salt. Blend ingredients until well combined and add water, one tablespoon at a time to form a dough. Continue to toss dough mixture until it forms a ball. Knead the dough lightly against a smooth surface with the heel of the hand to distribute fat evenly. Form into a ball, dust with flour, wrap in a clean towel (or wax paper) and chill for 30 minutes.

## GRANDPA SCHWARTZ'S CORNISH PASTIES FILLING

USE WHAT MEAT YOU GOT BY GOLLY.

- 1 lb. coarsely ground round steak
- 1 lb. coarsely ground boneless pork loin 5 carrots, chopped
- 2 large onions, chopped
- 2 potatoes, peeled and chopped
- ½ C. rutabaga, chopped (can substitute turnip) 2 tsp. Salt
- ½ tsp. Pepper
- ½ tsp. parsley
- 1 clove garlic
- 2 Tbsp. Lea & Perrins Worcestershire sauce®

Combine all ingredients in a large bowl. Divide the dough into 6 pieces and roll one of the pieces into a 10-inch round on a lightly floured surface. Put 1 ½ C. of filling on one half of the round prepared dough. Moisten the edges and fold the unfilled half over the filling half and enclose it. Pinch the edges together to seal them and then crimp with a fork. Place pastry on a lightly buttered baking sheet and cut several slits in the top to vent. Roll out and fill the remaining dough in the same manner. Bake in preheated oven at 350° for 30 minutes. After 30 minutes remove from oven and place 1 tsp. Butter through one slit in each pasty. Continue baking at 350° for 30 more minutes. Remove from oven, cover with a damp towel, cool 15 min.

## ESCARGOT STUFFED MUSHROOMS HORS D'OEUVRES

6 Tbsp. softened butter

2 tsp. finely chopped shallots

1 clove garlic, crushed and finely chopped

1 Tbsp. finely chopped celery

1 Tbsp. finely chopped fresh parsley

¼ tsp. salt

¼ tsp. ground black pepper

12 large mushrooms, cleaned, stems removed

12 large, canned snails

Mix together butter with shallots, garlic, celery, parsley, salt, and pepper. Place a small spoonful of herb butter and a snail in each mushroom cap. Then brush the exterior of the mushrooms with a bit of herb butter. Arrange the mushrooms in a shallow baking dish and bake in a medium oven (375°) for 15 minutes. Serve hot

## GREY WOLF'S PRAIRIE STRAWBERRIES

(Without the wind)

Fill the cook pot 2/3's full of pinto beans. Fill the rest of the pot with water and let beans soak overnight and the next day during the trail ride. At noon stop, if convenient, drain water and add enough fresh water to cover beans generously. Put on a tripod over the fire. Add a spoon full of lard or bacon grease, a dash of powdered ginger, and a bay leaf. Simmer until beans are soft add salt to taste. Remove bay leaf before ya dish'er up.



## GRANDPA SCHWARTZ'S WEINER SCHNITZEL

4 thin-sliced veal or beef cube steaks

1/2 C. flour

1 egg beaten

1/4 C. lard (or oil)

Put der meat in beaten egg. Den roll in flour. Heat lard and fry breaded meat in a medium hot skillet till good and brown on each side. (not burnt!)

## Kicking Woman's Fish Soup

4 fish fillets cut into bite-size pieces

5 mushrooms, chopped

1 wild onions, cut and chopped (green onions)

1 wild turnip, cut and chopped

A handful of parched corn (may use frozen corn)

A handful of hominy (1 can hominy)

4 medium tomatoes, diced

1 Tbsp. pine nuts

1 tsp. wild ginger

1/4 tsp. sage

1/4 tsp. cayenne pepper

Ground peppercorn to taste

Salt to taste

(Modern cooks add 1 cup chicken bouillon) Combine all ingredients in a big soup pot. Add water or broth to cover all ingredients. Simmer on low heat 1 hour.

## Grandpa Schwartz's Kaffee Kuchen

1 package yeast

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

4 C. flour

$\frac{1}{2}$  C. soft butter

$\frac{1}{2}$  C. water

1 C. warm milk

$\frac{1}{2}$  C. sugar 1 tsp. salt

2 eggs, beaten

Dissolve yeast in  $\frac{1}{4}$  C. warm water. Mix butter, water, milk, salt, and sugar. Add eggs and yeast mixture, and flour. Beat with a spoon until light and forms a light dough. Cover bowl with a tea towel, let rise till double; punch down, roll out on 2 greased baking sheets or divide into thirds and press into greased large pie pans with buttered fingers. Top with Streussel topping (recipe after Chapter 8) Bake at moderate oven (350°) for 20-25 minutes. (Modern cooks may use frozen sweet bread dough.)

## Other Topping for Kuchen:

Kremel Topping Mix all ingredients and work with a pastry cutter until creamy. Sprinkle kremel topping all over the dough. Bake 375° for 20 minutes.

Sugar-Cinnamon Topping: Brush the top with 1 tsp. melted butter, and sprinkle generously with sugar and cinnamon. Bake at 350° for 20-25 minutes.

Pie filling: Top with favorite pie filling. Sprinkle top with Streussel. Bake at 350° for 20 minutes.

Streussel Topping:  $\frac{1}{2}$  C. flour,  $\frac{1}{2}$  tsp ground cinnamon 3 Tbsp. butter (cold),  $\frac{1}{4}$  C. brown sugar. In a large bowl, mix together the flour and cinnamon. Cut in the butter with a fork until it looks like coarse crumbs. Stir in brown sugar.

## HOPE'S CALF BRAINS AND EGGS

Take brains and peel off the membrane that covers the entire brain. Get rid o' any blood clots. Wash well, then scald in boilin' water fer 2 minutes. Place brains in icy cold milk.

Let soak 'til milk turns pink.

2 eggs well beaten

A little flour and butter

Salt and pepper

Bacon drippin's

Beat the brains into a paste whilst they still be cold. Season wit salt and pepper, add eggs and enough flour ta make a good batter. Have ready some good bacon drippin's in the fryin' pan. When drippin's be hissín' hot, drop in the batter by spoonfuls and fry. Or...Yeu kin fry on a griddle like cakes. They be very palatable either way when cooked quick and freed of every clinging drop of grease and stuff and tings. Yeu kin fries up a bunch o' eggs to go wit yeur brains, dat be how we like 'em.

## Hope's Breaded Meats

(Rocky Mountain Oysters)

Clean skin, then cut in half calf testicles, soak in cold salt water for a few hours.

Batter:

2 eggs well beaten

Some flour

Salt and pepper

Bacon drippin's

Drain water from testicles. Dip into beaten egg, then roll in flour. Let floured meats sit for a bit before cooking. The breadin' stays on better and stuff and tings. Fry in big fryin' pan when oil be hissín' hot.

## Rocha's Portuguese Fried Bread

2 C. wheat flour

3 tsp. baking powder

$\frac{1}{2}$  tsp. salt

2 Tbsp. sugar

$\frac{3}{4}$  C. milk

Oil for frying

Mix flour, baking powder, salt, and sugar. Add milk and mix well. Divide dough into balls.

Pat out dough ball on a flat, floured board to  $\frac{1}{2}$  inch thick.

Fill the frying pan with  $\frac{1}{2}$  inch of oil, heat medium high. Brown bread dough circle in oil on both sides. Serve warm. Makes 16-24 pieces of fry bread. Sim!

## Aunt Bridget's Breakfast Casserole

1 lb. sausage or bacon

2 peeled, cooked, diced potatoes

8 eggs

6 slices bread (crumbled)

2 ½ C. milk

8 oz. grated cheese

1 tsp. salt

1 tsp. dry mustard

Brown sausage or cook bacon, crumble, and drain. Combine all ingredients and pour into a greased baking pan and let stand at least one hour. (Modern cooks refrigerate overnight)  
Bake moderate oven (350° for 35 minutes)



## Jackie's Strawberry Shortcake

### Strawberries:

Wash and top a sufficient quantity of strawberries, cut in half, put in a bowl, sprinkle with sugar, and set aside. Stir strawberries from time to time. (They should get syrup-like)

### Shortcake:

Sift into a small bowl 4 Cups of flour and cut in half a pound (1 C. or 2 sticks) of the best fresh butter.

Rub with your hands the butter into the flour until fine crumbs.

Beat 3 eggs very lightly and mix with three tablespoons of powdered loaf sugar. Wet flour and butter with egg and sugar so as to form a dough. If too stiff, add a tiny amount of cold water.

Knead the dough until it quits your hands and leaves them clean. On a floured board, roll out the dough into a relatively thick sheet ( $\frac{1}{2}$  inch thick).

Cut into round cakes with the edge of a glass tumbler or biscuit cutter.

Grease baking sheets with butter; lay the patties on the sheet, not too close. Bake in a brisk oven until light brown. (450° for 10 minutes)

### Whipped Cream

1 C. cream

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

1 tsp. vanilla

Whip almost stiff, add sugar and vanilla and beat into peaks.

### Assembly:

After shortcakes have cooled, cut cake in half, add a helping of strawberries, then top with whipped cream.

## GRANNY'S LEATHER BREECHES

To make leather breeches you need to harvest your garden green beans before they are too full, not fully mature. Wash and dry green beans, snap off the tips and the string as you normally would, and leave the green bean whole. (Don't snap in two.)

Cut about a six-foot length of cotton sewing thread, thread your sewing needle, pull the loose ends evenly together, and tie an extra-large knot in the end o' the thread. Put the needle through the center o the green bean and pull all the way to the end o' the thread. (Don't let beans touch.) Continue adding beans until the thread is full. Keep green beans evenly spaced so air can circulate for proper drying. Hang each strand o' green beans on a nail on your porch to dry.

Drying time takes about two months.

The green beans turn light brown when dry. Remove beans from string and store in an airtight container. Preserving garden green beans by making leather breeches is one o' the easiest methods o' garden vegetable preservation.

## Mama's Milk Toast

1 C. milk

1 tsp. sugar

1/4 tsp. cinnamon

2 slices of toast

Break up toast in a bowl, pour in warm milk, and sprinkle with sugar and cinnamon.

## JACKIE'S SOUR CREAM AND RAISIN PIE

### Filling

1 C. raisins

1 C. sugar

4 Tbsp. flour

8 oz. sour cream

4 eggs - separated

1 tsp. vanilla

$\frac{1}{4}$  tsp. salt

Pie Crust (Pie crust recipe page 6 of this book)

In a saucepan, combine sugar, flour, sour cream, and egg yolks (save egg whites for meringue.) Stir well and cook over low heat until thick. Pour mixture into a 9" pie shell.

### Meringue

3 egg whites

$\frac{1}{2}$  C. sugar

$\frac{1}{4}$  tsp. cream of tartar

$\frac{1}{2}$  tsp. vanilla

Whip egg whites until foamy.

Add remaining ingredients and beat until peaks stand stiff, about 3 to 4 minutes. Spoon meringue over the top of the pie, meeting the edge of pie crust. Bake in a medium hot oven (400°) for about 5 minutes until peaks are golden brown.

## HOPE AND JACKIE'S BOXTY (POTATO PANCAKES)

1 C. raw potato

1 C. mashed potato

2 C. flour

1 tsp. baking powder

1 tsp. salt

Large knob (stick) butter

1 egg

$\frac{1}{2}$  C. milk

Grate raw potato in a bowl. Turn out onto a cloth and wring, catching liquid into a bowl. The liquid will separate into a clear fluid starch.

Mix starch with the grated and mashed potatoes.

Sieve (sift) the dry ingredients and mix them along with melted butter.

Add milk and egg to make a batter-like hotcakes.

Fry in heavy skillet with bacon drippings or on a lightly greased griddle.

Boxty on the griddle, boxty in the pan,  
If you can't make boxty, you'll never get your man.

## HOPE'S BAKED BEANS

4 C. cooked pinto beans (4-8oz. cans)

2 medium onions, chopped

2 C. tomato sauce (may use ketchup)

1 Tbsp. mustard

½ C. brown sugar

2 Tbsp. Lea & Perrins Worcestershire sauce\*

1/8 tsp. cumin

1/8 tsp. oregano

1/8 tsp. garlic powder

1/8 tsp. crushed red pepper

1/8 tsp. coarse ground black pepper

Combine all ingredients and bake 1 hour in a slow oven (300°) (Modern cooks may use crock-pot 4 hrs. low)

## JACKIE'S ELK ROAST

1 large elk roast

1 cup beef broth

Wash and peel enough carrots and potatoes for number of guests.

1 large onion, cut into wedges

1 cabbage, cut into wedges

Place roast and vegetables in a large roaster. Pour beef broth over roast and season with salt and pepper. Bake moderate oven (350°) for approximately 1 hour or until meat is tender. Cook in a slow oven (275°) for 2-3 hrs. That way so it can cook if you're going off to church.

(Modern cooks may use crock-pot on low for 8 hours)

## GRANDPA SCHWARTZ'S BLAUKRAUT (RED CABBAGE)

1 large head of red cabbage

1 ½ Tbsp. bacon drippings, lard, or shortening (may use oil)

1 medium onion

1 Tbsp. caraway seeds

2 Tbsp. vinegar

1 or 2 large apples

½ tsp. sugar

1 tsp. cornstarch

Salt and Pepper

Cut cabbage and grate cabbage reasonably fine. Finely dice an onion. Melt lard in a large pot and lightly brown onion. Add grated cabbage and stir until fat is absorbed. Add caraway seeds, vinegar, sugar, and a little water (about 1 c) to steam cabbage. Cover and let steam for ½ hour.

Core apples. Cut in slices about ¼ inch thick. Add apples, salt, and pepper to taste and steam for an additional ½ hour. Mix cornstarch with a little cold water. Make sure 1 cup of water is remaining in the pot before you add cornstarch-water mixture. Add more water if needed. Stir in cornstarch mixture and let thicken. Serve warm.

## Jackie's Vinegar Pie

1 Tbsp. butter

½ C. sugar

3 Tbsp. flour

2 tsp. cinnamon

½ tsp. ground cloves

½ tsp. ground allspice

1 egg, lightly beaten

3 Tbsp. cider vinegar

1 C. water

1-9-inch pie crust baked 3 minutes (pie crust recipe page 6 of this book.)

Filling: Cream together butter and sugar. Sift together flour and spices, then add to the creamed butter. Mix well. Beat in egg, vinegar, and water. Pour mixture in a double boiler and cook over boiling water until thick. Pour into pie shell. Bake in brisk oven (400°) for 30 minutes or until knife comes out clean.