

*Aunt*



*Caroline's*

*Dixieland Recipes*



This book is dedicated to the memory of loving mothers who passed down much more than recipes to sons and daughters.

Pictured below with daughter, Donna:  
**Muriel Roberta Williams Battle**  
1930-2003



Selected Original Recipes from “Aunt Caroline’s  
Dixieland Recipes,”(1922) with Updates (2011)  
for “today’s cook” by Donna Pierce for Skillet  
Diaries™ and Black America Cooks™  
**Holiday Bread Recipes 1922-2011**



# BLACK AMERICA COOKS™

CELEBRATING HEALTHY FLAVORS OF HOME

Aunt Caroline's Dixieland Recipes

(Cover and Heirloom Recipes)

© By Wm. McKinney, 1922

Skillet Diaries™ and Black America Cooks™ Additions,

(columns, recipes and tips)

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## Virginia Corn Fritters

1 can corn,

1/2 cup milk

1/2 cup dried and sifted crumbs,

1 teaspoon salt,

1 teaspoon baking powder,

1 egg well beaten,

1 tablespoon flour

Chop the corn, and add other ingredients in order given. Drop from a tablespoon into hot, deep fat and fry until brown.





### **Quick and Easy Corn Fritters**

Vegetable oil

1 cup flour

1 teaspoon baking powder

1/2 teaspoon salt

1/4 teaspoon ground red pepper, or to taste

Freshly ground black pepper

2 eggs, beaten

1/2 cup buttermilk

1 cup fresh or thawed corn kernels

Heat oil to 375 degrees in an electric fryer or large Dutch oven. Stir the flour, baking powder, salt and peppers together in a medium bowl; set aside. Whisk together the eggs and buttermilk in a medium bowl; stir in the flour mixture, stirring just until combined. Stir in corn.

Drop by tablespoons into the oil. Fry, turning occasionally, until cooked through, about 5 minutes. Remove from oil with a slotted spoon; drain on paper towels. Makes 10 to 12 fritters.





### *Piedmont Corn Meal Mush*

*3 1/2 cups boiling water*

*1 teaspoon salt,*

*1 cup fine corn meal*

*Add meal to boiling salted water by sifting it slowly through the fingers, while stirring rapidly with the other hand. Boil for ten minutes, and cook over hot water for two hours. Serve hot as a cereal. Or pour into one-pound baking powder boxes to cool; fry in deep fat. Serve either for breakfast or as an accompaniment to roast pork, or, with syrup, for dessert.*





### **Cornmeal Mush (Italian Polenta)**

6 cups each: water, cornmeal

1 teaspoon coarse salt

1/4 cup flour

3 tablespoons unsalted butter

Syrup, prepared salsa, grated Parmesan cheese, optional

Whisk together the cornmeal and 2 cups of water in a medium bowl; set aside. Meanwhile heat 4 cups of water and the salt to a boil in a large saucepan over medium high heat; stir in the cornmeal mixture slowly. Lower heat to a simmer; cook, stirring occasionally until mixture thickens, about 30 minutes. Serve.

Or transfer to a buttered loaf pan or 8-inch-square baking pan. Set aside to cool. Cover; refrigerate at least 8 hours. Place flour on wax paper for dredging. Cut cool cornmeal into thick slices; dredge slices in flour on both sides.

Heat butter in a cast iron skillet over medium high heat. Add floured cornmeal slices of to the skillet in batches. Cook, turning until browned on both sides. Transfer to a paper towel to drain. Serve with syrup, salsa or grated cheese.





## *Spoon Bread*

*Two and one-half cups of fresh buttermilk*

*One scant half teaspoonful of soda mixed with  
milk*

*1 teaspoon of salt*

*Three tablespoonsful of meal*

*Three eggs dropped in one at a time whole*

*One tablespoon of lard (melted).*

*Mix in order given and cook in baking dish in moderate  
oven.*



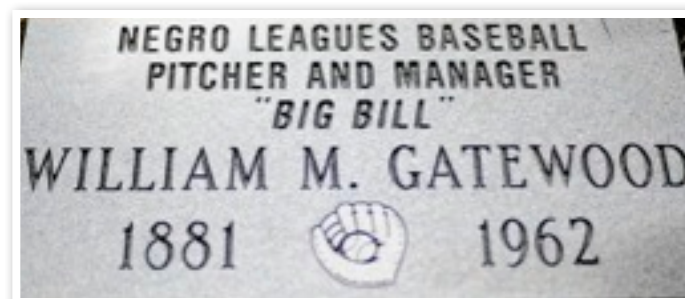


### **Mr. Gatewood's Spoonbread**

We didn't know that our next door neighbor had been a famous ballplayer until long after he passed away, Mr. G. never spoke about the Kansas City Monarchs or the Negro League. We just knew him as the quiet, kind man who loved the spoonbread his wife made for him.

2 cups milk  
1 cup cornmeal  
1/2 stick (1/4 cup) butter  
3/4 teaspoon salt  
3 eggs, beaten  
2 teaspoons baking powder

Heat milk almost to a boil in a medium saucepan over medium-high heat; stir in cornmeal, butter and salt. Set aside to cool, about 15 minutes. Meanwhile heat oven to 350 degrees. Stir in beaten eggs and baking powder to cornmeal mixture. Transfer to an 8-by-8-inch baking pan. Bake until mixture firms and begins to brown around the edges. Makes 8 servings.





### *Cheese Straws*

*One cup of grated cheese, One cup of sifted flour, One tablespoonful of butter, One teaspoonful of salt, One-fourth teaspoonful of cayenne pepper, One-fourth teaspoonful of baking powder. Mix flour, cheese, salt, butter, pepper and baking powder. Mix with iced water to make stiff dough. Cut into long slender strips. Place in greased pans and bake in quick oven.*





## **Cheese Straws**

1 1/2 cups grated sharp Cheddar cheese  
1 stick (1/2 cup) butter, softened  
1 1/2 cups flour, or more as needed  
1 teaspoon each: sugar, baking powder  
1/2 teaspoon ground red pepper

Heat oven to 350 degrees. Beat cheese and butter with a mixer on medium speed until smooth. Transfer dough to a floured board. Dust with flour; roll into a rectangle about 1/2-inch thick, dusting with more flour as needed. Cut into strips of desired length. Transfer to an ungreased cookie sheet. Bake until straws begin to brown, about 15 minutes. Makes 2 dozen pieces.





### *Dixie Biscuit [sic]*

*One pint of milk*

*One teaspoonful of lard*

*Two teaspoonfuls of butter*

*Two teaspoonfuls of sugar*

*One heaping teaspoonful of salt*

*One-half yeast cake,*

*Six cupfuls of flour.*



*Put milk on stove in double boiler with butter, salt, lard and sugar. When milk becomes scalded, let it cool.*

*Dissolve yeast and stir it into the scalded milk. Then add to milk when cooled two and a half cups of flour and mix to a stiff batter. Next add an egg well beaten to the batter and put the batter in a warm place to rise. Let it rise about five hours and then knead as for ordinary biscuit using three and a half cups of flour. Knead until dough can be handled easily, then roll out to one-half inch thick-ness. Rub each biscuit with melted butter, put two biscuits together and place in pans far enough apart not to touch. Bake fifteen or twenty minutes in hot oven.*



### **Southern Buttermilk Angel Biscuits**

2 cups flour

2 1/2 teaspoons baking powder

1 teaspoon each: baking soda, salt

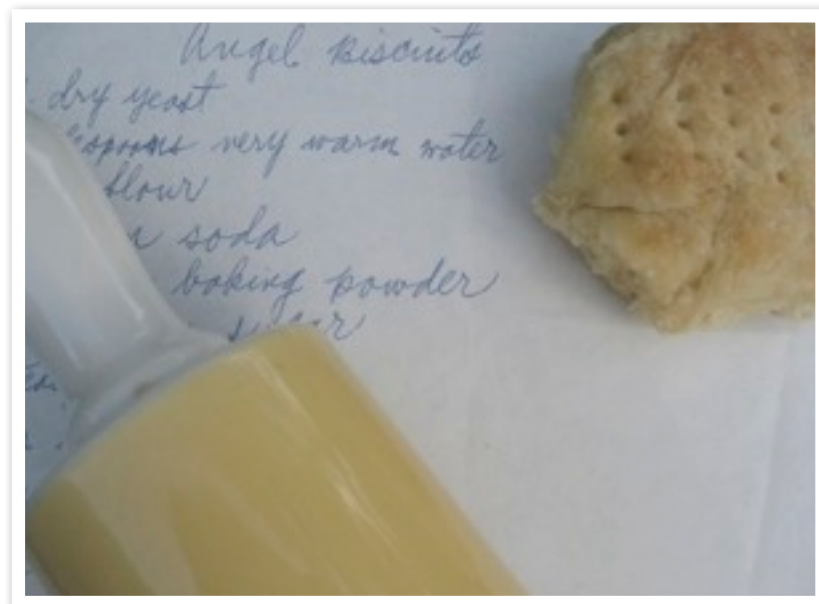
1/2 stick (1/4 cup) butter, softened or vegetable shortening

3/4 cup buttermilk

Heat oven to 425 degrees. Sift the flour, baking powder, soda and salt together into a large bowl. Mix in shortening with your hands or a pastry cutter. Stir in buttermilk.

Turn out on to floured board; knead lightly about 1 minute. Roll out dough about 1/2-inch thick. Cut into biscuits with a biscuit cutter.

Transfer to an ungreased cookie sheet. Bake until browned, about 12 to 15 minutes. Makes 1 dozen biscuits.





### *Old-Fashioned Light Rolls [sic]*

*Yeast, One egg beaten lightly, One tablespoonful of sugar, One half cake of yeast, dissolved in one-third cup of cold water. One cup of hot potatoes mashed fine, One quart of flour, One tablespoonful of lard, One teaspoonful of salt. Put yeast mixed in the order given in a bucket to rise. Let it rise for about forty-five minutes or longer. Then when risen, put it into the flour, which has been mixed with the salt and lard. Do not knead the flour, just stick it together and beat it for fifteen minutes with rolling pin. If yeast does not make dough soft enough a little warm water may be used. Put in a vessel to rise in warm place about three hours. When risen, roll it lightly until about one-fourth of an inch thick. Then cut with biscuit cutter and dip into hot grease. Lastly fold the biscuits or more. After beating the dough, put it into a vessel to rise in warm place for about three hours. When risen, roll it lightly until about one-fourth of an inch thick. Then cut with biscuit cutter and dip into hot grease. Lastly fold the biscuits over and put into pans to rise an hour or more.*





### **Mama W's Southern Yeast Rolls**

1 package (1/4 ounce) active dry yeast  
1/4 cup warm water  
1 stick (1/2 cup) butter, softened,  
1/4 cup sugar  
1 teaspoon salt  
2 cups milk, heated, cooled to room temperature  
2 eggs, lightly beaten  
4 cups sifted flour

Place yeast in a large bowl; add warm water, 1/2 stick butter, sugar and salt. Set aside 10 minutes to proof.

Pour 1/2 cup milk into the foamy yeast mixture. Stir in 1 cup of flour; whisk in eggs. Gradually add remaining milk and flour, alternating and stirring with a wooden spoon until dough reaches cookie dough consistency. Cover dough with a tea towel. Set in a warm place; let rise until doubled in bulk, about 1 hour.



Transfer half the dough to a lightly-floured board. Knead several times to a smooth dough. Roll with an oiled and floured rolling pin until dough is about 1/2 inch thick. Cut into 2-inch circles with a buttered round cutter. Press a pinch of softened butter into the crease of each roll, folding to place the seal on the bottom. Cover pan with a tea towel; repeat with remaining half of dough. Let rise, about 1 hour.

Meanwhile, heat oven to 400 degrees and melt remaining 1/2 stick of butter. Transfer rolls to oven; bake just until rolls puff and begin to firm, about 4 minutes.

Remove from oven. Brush with melted butter. Return to oven. Bake just until rolls are just beginning to brown around the edges and on the bottom, about 10 to 12 minutes.

Remove from oven; brush hot rolls with and remaining melted butter.  
Makes about 3 dozen rolls.



### *Southern Sweet-Potato Biscuits [sic]*

*Two cups flour, One cup of mashed boiled sweet potatoes, Two tablespoonsful of lard, One teaspoonful of salt, One and one-half teaspoonfuls of baking powder, One-half teaspoonful of soda. Enough buttermilk to make soft dough.*

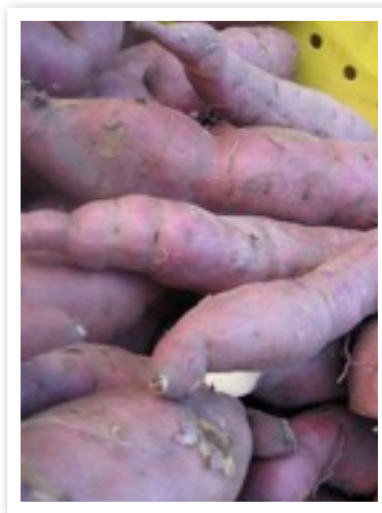
*Mix flour, salt, soda and baking powder together. Add sweet potatoes and work the lard in lightly. Mix with milk to make soft dough, roll thin cut into biscuits and bake in quick oven.*



### **Mrs. Fisher's Heavenly Sweet Potato Biscuits**

- 1 package (1/4 ounce) active dry yeast
- 1/4 cup warm water
- 2 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup shortening or lard
- 1/4 cup each: granulated sugar, light brown sugar
- 1 cup mashed sweet potatoes

Cover yeast with water in a large mixing bowl; let stand 5 minutes. Sift together flour, baking powder and salt in a large bowl; cut in shortening with your fingers until mixture resembles coarse crumbs. Stir in yeast and sweet potatoes until dough comes together. Turn dough on to a floured surface; knead, adding a bit more flour if necessary until dough is smooth and pliable. Roll dough to 1/2-inch thickness. Cut with a buttered biscuit cutter; transfer to a baking pan sprayed lightly with oil. Cover loosely with cloth; set aside to rise 1 hour. Heat oven to 400 degrees. Bake until biscuits lightly brown around the edges, about 10 to 12 minutes.





*Virginia Beaten Biscuit [sic]*

*One quart flour, One teaspoonful of salt, One tablespoon of lard. Work lard lightly into the flour and salt, mix with iced water and then beat dough with rolling pin until it blisters. Cut into biscuits and bake in quick oven.*





### **Beaten Biscuits**

4 cups flour

1 teaspoon each: baking powder, sugar

1/2 teaspoon salt

1 stick (1/2 cup) butter or 1/2 cup vegetable shortening or lard, cut into small pieces

1/3 cup each: milk, water, or as needed

Heat oven to 400 degrees. Combine the flour, sugar, baking powder and salt in a food processor; set aside. Combine shortening and sugar in a bowl. Pulse the shortening mixture into the flour mixture until it resembles coarse meal; set aside. Stir together the milk and water. With the processor running, slowly pour in the liquid through the feed tube. Process until dough is smooth and shiny, about 2 minutes, stopping as needed to scrape down the side of the bowl. Transfer dough to a lightly floured surface; knead several times. Cover; let stand about 3 minutes. Shape dough into 1-inch balls with your hands. Place on a greased baking sheet. Press down lightly with your palm. Prick each biscuit 3 times with the tines of a fork. Bake until tan and firm, about 18 to 20 minutes. Makes 4-5 dozen.





### **Banana Cashew Bread Holiday Loaves**

- 3 ripe bananas
- 1 stick (1/2 cup) butter, melted
- 1/2 cup white sugar
- 1/4 cup each: brown sugar, milk
- 1 egg, beaten
- 1/2 teaspoon each: almond, vanilla extract
- 1 1/2 cups flour
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 3/4 cup finely chopped roasted unsalted cashew nuts

Heat oven to 350 degrees. Press bananas through a ricer into a large bowl or mash well with a fork; stir in butter, white and brown sugar, milk, egg and extracts. Set aside. Combine flour, baking soda and salt in a medium bowl; stir into banana mixture. Add the nuts. Spoon batter into six parchment paper-lined 4 1/2 -by-2 1/2 -inch mini-loaf pans or 1 large (9-inch-by-5-inch) loaf pan.

Bake until a tester comes out clean, about 35 minutes for the mini pans, 1 hour for the large.





### **Banana Blueberry Bread Holiday Loaves**

- 1 cup blueberries, fresh or thawed
- 1 1/2 cups plus 2 tablespoons flour
- 3 ripe bananas
- 1 stick (1/2 cup) butter, melted
- 1/2 cup white sugar
- 1/4 cup each: brown sugar, buttermilk
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt

Heat oven to 350 degrees. Place blueberries in a medium bowl; stir in flour lightly to coat berries. Press bananas through a ricer into a large bowl or mash well with a fork; stir in butter, sugars, buttermilk, egg and vanilla; set aside. Combine remaining 1 1/2 cups flour, baking soda and salt in a medium bowl; stir into banana mixture. Add nuts. Spoon batter into six parchment paper-lined 4 1/2 -by-2 1/2 -inch mini-loaf pans or 1 large 9-inch-by-5-inch loaf pan.

Bake until a tester comes out clean, about 35 minutes for the mini pans, 1 hour for the large. Makes 12 servings.





## **Grandchildren's Strawberry bread**

3 cups flour

2 cups sugar 1 pint fresh strawberries, hulled, halved if small, chopped if large  
1 teaspoon each: baking soda, baking powder, ground cinnamon, salt

1 1/4 cups vegetable oil

4 eggs, beaten 1 cup chopped pecans

Heat oven to 350 degrees. Combine flour, sugar, strawberries, baking soda, baking powder, ground cinnamon and salt in a large bowl. Make a deep well in the center of the flour mixture. Add oil and eggs to center of well. Mix with oiled hands until well combined.

Stir in pecans; pour into 2 greased 8 1/2 by 4 1/2 by 2 1/2-inch loaf pans. Bake until golden and inserted testers come out dry, about 1 hour, 5 minutes. Cool on wire rack 30 minutes. Remove from pan. Makes two (8-1/2-by 4 1/2-by-2 1/2-inch loaves)





### **Mama W's Bread Pudding**

- 1/2 cup milk
- 5 slices bread, lightly toasted in oven (not browned)
- 1 can (13 ounces) evaporated milk
- 1/2 stick (1/4 cup) butter, melted
- 3 eggs, beaten
- 1/2 cup plus 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup seedless raisins
- 3 cooking apples, chopped and stewed or 1 can (15-20 ounces) sliced cooking apples or peaches, cut into chunks

Heat oven to 350 degrees. Pour about half of the milk over the bread; mash the mixture with the back of a spoon or a mixer on low speed until it becomes mushy. Add the remaining milk; stir or beat in the eggs, sugar, melted butter, cinnamon, extract, allspice and salt, mixing until blended. Stir in the raisins. Transfer to a buttered 2-quart casserole. Bake on the middle shelf until firm and tester comes out clean, about 40 to 45 minutes. Bourbon Sauce: Combine 1 cup sugar and 3/4 cup water in a saucepan over medium high heat. Cook, stirring, 5 minutes. Add 1/2 stick butter. Mix 3 tablespoons cornstarch with remaining 1/4 cup water. Stir into saucepan. Cook, stirring, 10 minutes. Add Bourbon and salt. Cook, stirring, 5 minutes. Let stand. Stir and warm before serving over bread pudding. Makes 8 to 10 servings





## **Delicious Holiday Tips for Turkey and Ham Leftovers:**

1. Gumbo made with the turkey carcass. Need a RecipeFind the Battle Family Recipe on BlackAmericaCooks.com.
2. Beaten Biscuit Appetizers...Use leftover ham to fill beaten biscuits (pages 18-19) for delicious holiday appetizers.
3. Comfort Casserole...add chopped ham to your favorite macaroni and cheese recipe to make a one-dish meal.
4. Kentucky "Hot Browns" on BlackAmericaCooks.com





## Ingredient Tips for Family Cooks

\* Make bread crumbs out of more than leftover sandwich bread. Use biscuits, cornbread, croissants, bagels for an interesting flavor twist.

\* Whisk together  $\frac{3}{4}$  cup of lowfat yogurt with  $\frac{1}{4}$  cup lowfat milk for a buttermilk substitute. Or stir 1 tablespoon vinegar into 1 cup lowfat milk and let stand 5 minutes before using.

## Approximate Turkey Roasting Time at 325 degrees:

12 pounds-3 hours

14 pounds-3  $\frac{3}{4}$  hours

18 pounds- 4  $\frac{1}{4}$  hours

20 pounds- 4  $\frac{1}{2}$  hours

24 pounds-5 hours





## About 1922 Caroline's Dixie Recipes Names

*Disrespectful recipe names from historic cookbooks have been edited to correct (not protect) the guilty....who often referred to white cooks and contributors as Mr. and Mrs. while Blacks were given the titles Aunt and Uncle....*



*In that same vein, BlackAmericaCooks.com has no place for recipe names such as: "Milady biscuits" and "Mammy Yeast Rolls." No, you will not find "Uncle Remus" pork chops here. Thank you ancestors for all the indignities you suffered so that we could survive and flourish. As my brother, Dr. Eliot Battle, is fond of emphasizing in presentation,*

**"We are standing on the shoulders of giants."**



Add notes/questions about recipes, cookbooks, techniques,

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“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in your life, you will have been all of these.”

...George Washington Carver

### **We are Standing on the Shoulders of Giants...**

For Aunt Caroline, and many other Black cooks who worked in family kitchen during the first half of the 20th century, recipes were published in cookbooks with copyrights obtained by the people for whom they worked.

You may also have noticed the tendency for Aunt and Uncle references replacing proper titles such as Mr., Miss or Mrs....

We have published Aunt Caroline's original recipes (identified by her photograph) with original punctuation, spelling and description. Our Skillet Diary™ and Black America Cooks™ recipe updates are illustrated with the Skillet Diary logo.



*Donna Pierce*

For more information, visit us at:  
<http://www.BlackAmericaCooks.com> and  
<http://www.skilletdiaries.com>