

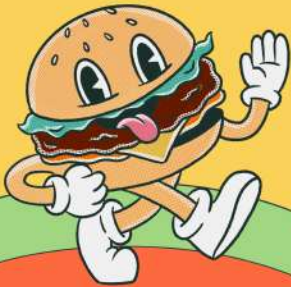


*NC Summertime Recipes*

CATEGORY

**COOKOUT**

*Forsyth County Public Library*



## *Cookout Recipes*

# **MAIN DISHES**

**ALMOST NC PULLED PORK BBQ  
GO TO "@#\*\$" CAROLINA BURGERS  
TREASURE BURGERS  
FRIED CHICKEN WINGS  
CHICKEN WINGS!!  
PRATT'S BBQ SAUCE FOR CHICKEN  
OVEN BARBECUED RIBS**

# ALMOST NORTH CAROLINA PULLED PORK BBQ

JOAN OSBORNE  
BOOMER, NC

*My family often requests this recipe. We serve ours on buns southern-style, topped with coleslaw and extra hot sauce. Some of us like to also add sliced sweet onion and tomato, mustard, pickled jalapeños and dill pickle chips. Occasionally we have a guest who also likes mayonnaise on theirs. However you enjoy it, it's delicious!*

**4 to 5-lb. Boston butt  
pork roast**  
**salt and pepper to taste**  
**1/3 c. cider vinegar**  
**1 to 2 T. molasses**  
**several drops smoke-  
flavored cooking sauce**  
**1 onion, diced**  
**1 T. olive oil or butter**  
**1/4 c. tomato sauce or  
catsup**  
**18-oz. bottle barbecue  
sauce**  
**several drops hot pepper  
sauce**  
**15 hamburger buns,  
split**  
**Garnish: favorite  
sandwich toppings**

Season roast with salt and pepper; place in a 6-quart slow cooker. Drizzle with vinegar, molasses and smoke-flavored sauce, as desired. Cover and cook on low setting for about 10 hours. Remove roast to a plate; cool, discarding bones and fat. Return roast to slow cooker; pull apart with 2 forks. In a skillet over medium heat, sauté onion in oil or butter. Add onion to slow cooker along with tomato sauce or catsup, barbecue sauce and hot sauce. Turn slow cooker to warm until serving time, stirring occasionally to blend flavors. Spoon onto buns; add toppings as desired.

*Makes 15 or more sandwiches.*

## **Go To “@#\*\$” Carolina Burgers**

Robert Chapman, Executive Chef  
Adam's Mark Hotel, Winston-Salem, NC

Ingredients: 2 lb. ground chuck hamburgers  
6 stalks green onions  
2 cloves of garlic, chopped  
3 tbs. butter  
10 Ritz crackers, finely crushed  
2 tbs. Worcestershire sauce  
1 pinch of salt

Place hamburger in a medium bowl. Melt butter in small sauté pan. Add green onions and garlic. Sauté 3 to 4 minutes. Add green onions, garlic, Ritz crackers, Worcestershire sauce and salt to hamburger. Patty out meat to desired size and wrap each in plastic wrap. Get in your car and drive to Groves Stadium and fire up the grill. Cook hamburgers to desired temperature. Hamburgers can be made and frozen ahead of time.

## Treasure-burgers

1 lb. ground beef

Process-cheese whiz

1/4 cup chopped ripe olives

4 strips bacon

Mix ground beef with salt and pepper to taste. Shape in 8(4-inch) patties, leaving a 1/2 inch border, center half of patties with cheese whiz and 1 tbsp. olives.

Cover with other 4 patties; press edges to seal. Tooth-pick bacon around edge of each. Place on broiler-pan rack. Broil 4 inches from heat for 8 minutes. Turn and broil for 5 more minutes or until done.

Iris Pope

## FRIED CHICKEN WINGS

**24 chicken wings**  
**1 c. flour**  
**1 tsp. salt**  
**¼ tsp. pepper**  
**vegetable oil**  
**Barbecue sauce**

Cut off the tips of the wings. Mix together flour, salt and pepper. Coat the meaty chicken wings in the flour. In a large skillet, pour in ½-inch oil. Heat oil, and fry over medium high heat until golden. Drain on paper towels. Serve with barbecue sauce for dipping.



## Chicken Wings!!

serves 4

Citrus Shrine is certainly at home hovering behind the scenes. She adds depth to dishes and makes the background a brighter, more interesting place to be. But in my mind, to really appreciate Citrus Shrine's personality, she's got to be the star. And nothing highlights her sunny, assertive self like the gnaw, lick, and smack act of eating a chicken wing.

Chicken wings just make me happy. Eating with my hands while I build little piles of cartilage and bone evidence feels like a party and requires the kind of outside-the-lines, bad-manners behavior only baby back ribs can touch. Both finger foods make more sense with a Wet-Nap than a fork, and we all need a little Wet-Nap in our lives. Am I right?

10 to 12 whole chicken wings, cut into drumettes and wingettes (20 to 24 pieces)

2 teaspoons kosher salt

1 tablespoon extra-virgin olive oil

$\frac{1}{2}$  cup thin strips mixed Citrus Shrine preserved citrus rind (page 140, white pith removed)

1 cup honey

$\frac{1}{4}$  cup cider vinegar

1 tablespoon soy sauce

8 garlic cloves, sliced thin

1 teaspoon red pepper flakes

1 Preheat your oven to 400°F. Season the wings with the salt and spread them out on two baking sheets. Drizzle the wings with the olive oil and slide the baking sheets into your oven. Roast for 15 minutes. Then rotate the baking sheets between the racks and roast another 15 minutes, until they are golden brown and crispy.

2 Meanwhile, combine the Citrus Shrine strips, honey, vinegar, soy sauce, garlic, and pepper flakes in a saucepan and bring up to a simmer over medium heat. Cook for about 10 minutes. The sauce will thicken and little and grow slightly darker, but keep an eye on it. It will continue to thicken as it cools, so don't take it too far. Glaze is what you want. Garlic caramel is not.

3 After the wings have cooked for 30 minutes total, bring them out of the oven, pour off the rendered chicken fat, and combine the wings on one baking sheet. Pour the glaze overtop and stir the wings around to coat them with the glaze. Slide the baking sheet onto the top rack of the oven and roast for an additional 5 minutes, until the glaze has become sticky. Bring the wings out, stir them up again, and once they've cooled enough to handle, gather round the sheet pan with handfuls of Wet-Naps and have a party.

**HEADS  
UP**

If the meal requires more decorum than a bib allows, simmer the spicy glaze of candied garlic and citrus in the name of giving life to pork tenderloin, roasted vegetables, fish, or a whole bird of any feather. This glaze is a fun thing to have around and will keep in your fridge for weeks.

# Citrus Shrine

## HERE'S WHAT'S IMPORTANT

- I call for run-of-the-mill citrus here, but you can use anything that strikes you. Meyer lemons, Cara Cara or blood oranges, key limes, grapefruit—you name it. As long as it's citrus and in good condition, you can preserve it.
- There's more than one way to preserve citrus in salt. Sometimes the citrus is sliced. Sometimes people add spices or oil. If that's what you do, keep doing it. The below method is just a suggestion. As you take citrus out and make room inside the jar, you can add leftover lemon, lime, or orange slices to the brine to marinate. Or, once the preserved citrus is ready, you can take it out of its brine and transfer to another container. Store that container in the fridge and use the leftover brine to start a new batch of citrus in a freshly sterilized jar.

3 to 5 lemons  
3 to 5 limes  
3 to 5 oranges  
Roughly  $\frac{1}{2}$  cup  
kosher salt, plus  
more as necessary

Juice of roughly 2  
lemons (don't even  
think about using  
that stuff in a bottle)

- 1 Begin by sterilizing the jar or jars you want to use. I like to use a half-gallon mason jar for this because you can't really fit three types of citrus into quart jars in a worthwhile way, but if wide-mouth quart jars are all you have then go for it. I find the easiest way to sterilize a jar is to run it through your dishwasher, but you could also steam it for about 10 minutes.
- 2 Wash your citrus and peel off any annoying stickers. Slice an X from the top down to within  $\frac{1}{2}$  inch of the bottom. The idea is to almost cut the citrus into quarters but to leave it attached at its stem end.
- 3 Rub the inside of the exposed flesh liberally with salt, then reshape the fruit. Put about  $\frac{1}{4}$  cup salt in the bottom of your jar, if using a half-gallon. If using quart jars, divide that salt between the two. Then go about the business of cramming your citrus into your jar. When I say cram, I mean cram. Imagine your kitchen is the circus. This jar is the clown car. The lemons, limes, and oranges are the clowns, and you are the ringmaster. Now cram the clowns in.
- 4 Put a layer of lemons in and sprinkle 2 to 3 tablespoons salt on top of that layer. Use the back of a clean wooden spoon to bruise them inside the jar, which will also work to squeeze out some of their juice.
- 5 Follow with a layer of oranges. If your oranges are large, you may have to cut them in half; it's okay if a layer ends up being just one orange. Sprinkle that layer with salt and bruise it up.

6 Now for the limes. Do the same as the lemons and oranges, and continue to alternate citrus until your clown car is full. When I say "full" I mean there may be a clown head or rear-end that peeks up into the neck of the jar. That's okay. As long as you can screw the lid on securely and it doesn't buckle, your clowns should be fine.

7 Finish with a layer of salt and pour in the lemon juice. If you've properly crammed and bruised your citrus, it may take a minute or two for the juice to seep down and through the tiny avenues that exist between your lemons, limes, and oranges, but be patient because the salty lemon juice is what will do the pickling here and we need it to be everywhere. When you're done, the lemon juice should cover everything, but if a small piece of citrus rind pokes through that's okay, everything will soften and shrink over the next few days and it will end up submerged.

8 Leave the sealed jar in a cool, visible spot out of the sun in your kitchen for 4 weeks. From time to time, turn the jar over and let it sit on its lid for a day or so.

9 When the citrus is ready it will have deepened in color just a bit and the skin should feel supple and soft. If that's not the case, give it more time. Once the citrus meets the criteria, it's ready to use.

10 Store the finished shrine in the fridge or keep it on your counter. If you see weird, white lacy stuff around the citrus, that's fine, just rinse it off before using it. Your Citrus Shrine will keep for a year at this point.

MAKES  $\frac{1}{2}$  GALLON



## PRATT'S BBQ SAUCE FOR CHICKEN

**1/2 lb. butter or margarine**  
**2 lemons**  
**1 c. vinegar**

**3 T. salt**  
**1 tsp. black pepper**  
**2/3 tsp. red pepper**

Melt butter or margarine. Squeeze lemons. Combine melted butter or margarine, lemon juice and remaining ingredients. Makes enough for five chickens (1-2 pounds). Marinate chicken in sauce before grilling. Baste with sauce often. **Cook on an outdoor grill only.** Cook approximately 45 minutes or until done. **Do not cook in the oven.**

Donna J. Cartner

## OVEN BARBECUED RIBS

**4 lbs. country-style ribs**  
**1 clove garlic, minced**  
**1 T. butter**  
**½ c. catsup**  
**½ c. chili sauce**  
**2 T. brown sugar**  
**2 T. onion, chopped**

**1 T. Worcestershire sauce**  
**1 T. prepared mustard**  
**1 tsp. celery seeds**  
**½ tsp. salt**  
**½ c. Tabasco sauce**  
**3 thin slices lemon**

Place ribs in a large Dutch oven; cover with water. Simmer 1 hour. Sauté garlic in butter in a medium saucepan about 2 minutes. Add remaining ingredients. Bring sauce to a boil and simmer 5 minutes. Place ribs meaty side up in a 9 x 13-inch baking pan. Spoon sauce over ribs and bake, uncovered, at 325° for 30 minutes. Yields 4-6 servings.

# *Cookout Recipes*

## **SIDES**

**MORAVIAN SLAW**  
**REFRIGERATOR POTATO**  
**ROLLS**  
**LAZY HOUSEWIFE PICKLES**  
**SEVEN-LAYER SALAD**  
**GRILLED CORN ON THE COB**  
**DEVEILED EGGS**  
**MACARONI SALAD**

**MACARONI-A-LA-CREME**  
**ESTHER'S SUMMER POTATO**  
**SALAD**  
**SUMMER VEGETABLES IN**  
**PARCHMENT PAPER**  
**COUNTRY BAKED BEANS**  
**TATER TOT CASSEROLE**  
**BLT DIP**

### Moravian Slaw

Add approximately 1 cup sugar to 1-1/2 cups undiluted vinegar and heat along with a few celery seed or pickling spices. Remove from heat and cool.

Chop, approximately 5 lbs. cabbage, 2 average size green peppers, 1 can pimento, and green tomatoes, if desired. Salt to taste and let stand a few minutes. Then squeeze out juice and pack in jar. Pour cooled vinegar solution over it. Store in refrigerator.

Better after it sets awhile. Will keep several weeks.

Geneva Scott

## REFRIGERATOR POTATO ROLLS

About 40 small rolls

Dissolve 1 pkg. yeast in  $\frac{1}{2}$  c. lukewarm water.

In large bowl place  $\frac{1}{2}$  c. oleo. Scald and pour over it 1 c. milk.

Add yeast and 1 c. mashed potatoes

3 beaten eggs

$\frac{3}{4}$  c. sugar

2 tsp. salt

Beat ingredients. Add 4 c. pre-sifted flour. Beat. Add 1 more cup. Toss lightly with floured hands (dough will be sticky.) Place dough in bowl and cover. Chill in refrigerator at least 24 hours. It will keep for a week. Take it out 2 hrs. before baking. Shape like biscuits, brush with melted butter and fold each. Brush tops with melted butter. Cook at 400° about 12 minutes.

## *Lazy Housewife Pickles*

Scrub small, medium and/or large green cucumbers. Thinly slice these into jars — pint or quart size. Optional: add slice of raw onion or a few onion flakes and  $\frac{1}{2}$  tsp. celery seed to each jar. Boil and pour into each filled jar. Syrup.

**SYRUP:**

1 cup vinegar (cider)

1 cup sugar

1 tsp. salt (canning type)

Seal. Ready after a few days. Always partially crisp. (Especially useful for the garden owner who always finds cucumbers hiding and missed on the previous picking!)

Mrs. A. H. Francke  
West Side Moravian Church  
Green Bay, Wisconsin

### Seven-Layer Salad

- 1 small head lettuce, shredded
- 1 large can green peas, drained
- 1 cup chopped celery
- 1 cup chopped onion
- 3 tbsp. sugar
- 3/4 cup mayonnaise
- 1/2 cup parmesan cheese

Start with lettuce and put in layers. Chill over night.

Cathy Amos

## Grilled Corn on the Cob with Spicy Mayo and Fresh Lime

**1 cup Duke's mayonnaise**  
**1 teaspoon smoked paprika**  
**Kosher salt and freshly**  
**ground black pepper,**  
**to taste**  
**6 ears of fresh corn,**  
**in the husk**  
**1 lime, sliced in wedges**

The first time I had this was in a street food dish I encountered along a canal in Mexico City. I could not wait to get home and try it with my own corn. Spicy sweet and perfect for family summer cookouts, it's a little messy, so best to wash it down with a frosty margarita.

*Make 4–6 servings*

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In a small bowl, whisk together the mayonnaise, paprika, salt, and pepper. Set aside.

Heat your grill—medium for a gas grill or a bed of medium-hot coals for a charcoal grill.

Pull the outer husks of the corn down the ear to the base, but leave them on. Strip away the silk from each ear of corn by hand. Fold the husks back into place and place the corn on the grill. Close the grill cover and cook for 20 minutes, turning the ears every 5 minutes. The corn will be done when the kernels are tender enough to pierce easily with a fork tine.

Remove the corn from the grill and peel back the husks. Spritz a lime slice over the ear of corn, then smear with mayo and enjoy.



## Deviled Eggs

Makes 12

**MAKING DEVILED EGGS IS TEDIOUS.** When we do them at the restaurant, moans, groans, and sighs accompany the hunched-over work of peeling, carefully scooping, and finally stuffing the little cups. Still, deviled eggs have been and continue to be among the most admired of all the South's hors d'oeuvres.

Like a layer cake, a deviled egg is a gift, an offering of affection that reflects the tastes of its maker. Some shine psychedelic yellow with French's mustard, and many are chunky and sweet from pickle relish; my favorites are sprinkled red with paprika. Others (the sad ones, in my opinion) are pale from a blinding but understandable obsession with mayonnaise. My mom's version, which I happen to favor, is tangy with more vinegar than usual. As for mayo, she uses Miracle Whip. I like Duke's.

Use this recipe as a blank canvas. Add flair, like pickles of any kind, blue cheese, herbs, bacon, or all of that at once if that's what you want. I don't, but I'm a purist.

8 large eggs	$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ teaspoon hot sauce
3 tablespoons softened butter	$\frac{1}{2}$ teaspoon granulated sugar	1 teaspoon paprika
2 tablespoons mayonnaise	5 turns of the pepper mill or scant	
2 tablespoons white wine vinegar	$\frac{1}{4}$ teaspoon black pepper	

Cook the eggs as instructed on page 50 and cool them under running water. Peel the eggs carefully. Have someone who gives a darn do this. Otherwise your gifts will look like someone hacked away at them with his or her fingernails.

Slice the peeled eggs in half down the middle. You can do this one of two ways—lengthwise (most common) or through the equator. Either way, depending on the serving vessel, you may need to slice a tiny piece of white off the bottom to create a flat place for the eggs to rest.

Carefully scoop the yolks into a bowl. I like to use a small spoon to help this along. Once you've scooped your yolks out, select the 12 prettiest whites. You won't need the other 4 halves, so discard them or eat them for some flavorless protein.

Stir the remaining ingredients (except for the paprika) together with the yolks and pass it all through a fine-mesh sieve. I think this mildly tedious step makes the filling slightly more fluffy than just blending everything in the food processor or mashing it with a fork, but those methods work too. In the end you should have a homogenous, smooth yellow filling.

Transfer it to a piping bag fitted with a star tip; a Ziploc bag with the corner cut off will also work. Of course, you could forgo the tip and the bag altogether and use a spoon. Just before you're ready to serve the eggs, pipe the filling into the whites. There should be just enough to overfill each egg.

Sprinkle with paprika and serve at room temperature.



MACARONI SALAD - Mrs. G. R. Hawks

4 eggs

1 green pepper

1 stalk celery - optional

2 tomatoes

1/2 box macaroni

1/4 to 1/2 c. mayonnaise

salt and pepper to taste

Boil eggs, peel and cool. Cook macaroni with salt; do not drain. Cool. Chop pepper and celery. Dice tomatoes. Mix all ingredients thoroughly.

### MACARONI-A-LA-CREME

Janet Farrior

4 oz. elbow macaroni  
1/3 cup celery, finely chopped  
1/3 cup carrots, finely chopped  
1/2 cup green onions, finely chopped  
1 tsp. salt

3 T. margarine  
3 T. flour  
3/8 tsp. salt  
1/8 tsp. freshly ground pepper  
1/4 tsp onion salt  
1/4 tsp garlic salt  
1/8 tsp. paprika  
1 1/2 cups milk  
1 cup pimiento cheese cubes  
1/4 cup Spanish-style tomato sauce

5 slices bacon, partially fried

Serves 6.

Bring 2 qts. water to boil. Slowly add macaroni, celery, carrots, onions, & salt. Cook, uncovered, at a fast boil, stirring occasionally for 9 - 12 minutes. Drain.

Melt margarine over low heat. Blend in flour, salt, pepper, onion salt, garlic salt, & paprika. Cook over low heat, stirring constantly until mixture is smooth and bubbly. Remove from heat & stir in milk. Slowly bring to boil, stirring constantly & boil 1 minute. Add cheese cubes & tomato sauce. Heat until cheese is melted. Add macaroni mixture to sauce & gently mix. Pour into buttered 1 1/2 qt. baking dish. Top with crumbled bacon & paprika. Bake 20 minutes at 350 degrees.

## Esther's Summer Potato Salad

*My mother started making potato salad when she was a girl. The oldest of four children, she made it Sunday after church and would make enough to fill the large vegetable compartment at the bottom of the refrigerator. Her father, my beloved Papa, a blue-collar worker, often carried the potato salad in a mayonnaise jar for his lunch. My mother was a Moore, and many Moore family gatherings were marked by this classic summer salad. "My love of potato salad came from watching my aunt Shirley make it and smelling it in my grandmother's kitchen," she says. The scent of fresh-cut celery, onions, and pickles drew her closer to the bowl. "We always ate it when it wasn't ice cold. That's why I like it today when it's just made."*

MAKES 6-8 SERVINGS

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6 medium white potatoes  
1 cup chopped celery  
1 white onion, chopped  
½ cup pimentos  
5-6 sweet pickles, chopped  
3 hard-boiled eggs, grated  
5 tablespoons Hellman's mayonnaise  
2 teaspoons prepared yellow mustard  
2 teaspoons cider vinegar  
1 teaspoon sugar  
Salt and black pepper, to taste  
Paprika for garnish

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Wash and peel the potatoes and cut them in small, uniform chunks. Put the potatoes in a pot and cover them with water. Boil until fork-tender, about 20-25 minutes. Drain the potatoes in a colander and let cool, about 30 minutes or so. You want them warm but not hot.

Transfer the potatoes to a large bowl and add the celery, onions, pimentos, and pickles.

In a separate bowl, combine the grated eggs, mayonnaise, mustard, vinegar, and sugar. Taste it. Adjust the seasonings to your taste.

Gently combine this mixture with the potato salad. Season with salt and pepper. Sprinkle with paprika and serve.

## **SUMMER VEGETABLES IN PARCHMENT PAPER**

Peter Rives

**2 med. zucchini, sliced into  
1/4-inch rounds**

**2 summer squash, sliced into  
1/4-inch rounds**

**3 med. plum tomatoes, cut into  
1-inch chunks**

**1/2 onion, thinly sliced**

**1 T. chopped fresh basil**

**1/2 tsp. fresh oregano**

**1/2 c. crumbled feta cheese**

**1 T. olive oil**

**1/4 tsp. salt**

**Freshly ground black pepper**

Preheat oven to 425°. Combine all ingredients in a bowl and gently mix. Fold 4 (15-inch) square pieces of parchment paper in half; cut into heart shapes. Unfold and place vegetables on one side of each sheet next to fold. Fold and tightly seal the edges with narrow folds. Place packets on a baking sheet and bake 15 minutes. Remove packets from oven and transfer to individual serving plates. Cut open packets and serve. Serves 4.

**15**



## COUNTRY BAKED BEANS

**3 (1-lb.) cans pork & beans (low salt)**

**1/2 c. molasses**

**1/2 c. dark brown sugar**

**1 1/2 T. dry mustard**

**1 c. ketchup (low salt)**

**1 onion, chopped**

**1/2 c. green pepper, chopped**

Mix together and bake in large Pyrex dish (8 1/2 x 13 inches). Top with lightly salted bacon strips, if preferred. Bake at 325° for 1 hour and 15 minutes.

Mozella Williams

## **TATER TOT CASSEROLE**

**2 lbs. hamburger**  
**1 sm. onion**  
**2 c. grated cheddar**

**1 can golden mushroom soup**  
**1 (16-oz.) bag Tater Tots**  
**Lawry's seasoning salt**

Pack raw hamburger into 9 x 13-inch pan. Sprinkle with pepper and seasoning salt. Chop or thinly slice onion on top of meat. Cover with Tater Tots, using a rubber spatula. Spread undiluted soup over Tater Tots. Sprinkle with grated cheese. Bake at 350° until bubbly for about 45 minutes.

Liz Horne

## BLT Dip

Serves 6

HOLLEY PEARCE, MY COORDINATOR OF CHAOS and close friend, loves food but doesn't do much cooking. We met because she dined in one of our restaurants four nights a week. When Holley, who's from Mississippi, started working with me, her lack of cooking skills became a running joke. One weekend, we had a little gathering at my office, and Pearce (as her friends call her) brought something she called BLT dip. She said it was just something her family had always taken to the beach. Unable to stop myself, I stood by it snacking till all that was left of the dip was a puddle of pink mayonnaise-y bliss.

This is not Holley's version but it is inspired by her spirit and the most majestic combination of flavors out there. I like to go retro and make white-bread triangle toast to serve this on, but you could use any type of crostini or chip.

### Green Goddess

Makes 1 cup

- ½ cup mayonnaise
- ½ cup sour cream
- ½ cup picked basil leaves
- 2 tablespoons picked tarragon leaves
- 2 tablespoons lemon juice
- 2 anchovy fillets or 1 teaspoon anchovy paste

- 1 garlic clove, sliced
- ½ teaspoon granulated sugar
- ¼ teaspoon salt

### Dip

- 3 medium tomatoes, small-diced
- 1 teaspoon salt, divided
- ½ teaspoon granulated sugar
- ½ head heart of Romaine

- 10 turns of the pepper mill or ¼ teaspoon black pepper

- 1 pound smoked bacon, cooked till crisp, then crumbled

- ½ cup thinly sliced scallions, green part only

**Make the dressing:** Combine everything in the blender and blend until completely smooth and green. Refrigerate till you're ready to use.

**Make and assemble the dip:** Toss the tomatoes together with ½ teaspoon of salt and the sugar. Set that over a colander to drain for about 30 minutes.

To prep the Romaine, cut off all but ¼ inch of the leafy portion of each piece of lettuce on either side of the stem and reserve that for another use. Chop the

Romaine stems into ½-inch pieces. You should have about 1 cup Romaine stems.

Set aside about 2 tablespoons sliced scallions and ¼ cup Romaine stems for garnish. Then in a medium bowl, stir the tomatoes, black pepper, remaining salt, Romaine, and scallions together with the Green Goddess.

To serve, spoon the tomato mixture into a serving bowl. Top with the reserved Romaine stems followed by the bacon. Garnish with the scallions. Serve at room temperature.





*Cookout Recipes*

**DESSERTS**

**BANANA SPLIT CAKE**

**ORANGE CRUSH POUND CAKE**

**PUNCH BOWL CAKE**

**4TH OF JULY JELLO PIE**

**KRISPY KREME BREAD PUDDING**

**SCRIPTURE BARS**

**SUN DROP CAKE**

**PICKLESICLES**

## BANANA SPLIT CAKE

*Carolyn Carpenter  
In Memory of Jerry Moxley*

2 1/2 c. graham cracker crumbs  
1 stick butter, melted  
1 box powdered sugar  
2 sticks butter, softened  
2 eggs  
1 tsp. vanilla

4 bananas, sliced  
1 lg. can crushed pineapple, drained  
1 pt. whipping cream  
1 env. Dream Whip  
Pecans, chopped  
Maraschino cherries

Mix the graham crackers and melted butter and press into a 9 x 13-inch baking dish. Mix the powdered sugar, softened butter, eggs and vanilla for 10 minutes. (May use some of the pineapple juice to make the filling thinner.) Spread over crust. Place bananas over the filling. Place the drained pineapple over the bananas. Whip the whipped cream and Dream Whip or use Cool Whip and spread over the pineapple. Garnish with chopped pecans and maraschino cherries.

## ORANGE CRUSH POUND CAKE

*Nolan Jarvis*

1 1/2 c. shortening  
2 3/4 c. sugar  
3 c. flour  
1/2 tsp. salt

1 c. Orange Crush  
5 lg. eggs  
1 tsp. vanilla flavoring  
3 tsp. orange flavoring

### Optional Frosting:

1/2 stick margarine  
1 c. powdered sugar  
3 oz. cream cheese

1/2 tsp. vanilla flavoring  
1 tsp. orange flavoring

Cream together shortening and sugar until smooth. Add eggs, one at a time, mixing well after each. Add flavorings. Alternate adding flour and Orange Crush, mixing well, until batter is smooth. Bake in a greased and floured tube pan for 80 minutes at 325°. Check doneness with toothpick or skewer. Blend frosting ingredients until smooth. Let cake cool before applying.

## PUNCH BOWL CAKE

*Mary Ruth Turner Chambers*

2 cans peaches or pineapple (lite,  
sliced/drained)

2 cans cherry pie filling

1 angel food cake, crumbled or cubed

2 pkgs. instant vanilla pudding,  
prepared according to instructions

9-oz. ctn. Cool Whip

Nuts, maraschino cherries (opt.)

This looks very nice in a clear bowl. **1st Layer:**  $\frac{1}{2}$  drained fruit. **2nd Layer:** 1 can cherry pie filling. **3rd Layer:**  $\frac{1}{2}$  cake cubes. **4th Layer:** 1 box prepared pudding. Repeat all 4 layers and top with Cool Whip. Add nuts and maraschino cherries to the top if desired.

## 4TH OF JULY JELLO PIE

*Judy Deck*

1 ½ c. boiling water, divided  
1 sm. box Berry Blue Jello  
1 c. ice cubes, divided

1 graham cracker pie crust  
1 sm. box strawberry or any red Jello  
1 c. Cool Whip

Stir ¾ cup boiling water into blue Jello for at least 2 minutes, or until completely dissolved. Add ½ cup of the ice cubes and stir until ice is completely melted. Pour into pie crust and refrigerate for 5 to 10 minutes, or until gelatin is set but not firm. Stir remaining ¾ cup of boiling water into the red Jello in a separate bowl for at least 2 minutes, or until completely dissolved. Add ½ cup of the ice cubes and stir until ice is completely melted. Let stand at room temperature for 5 minutes, or until slightly thickened. Spread Cool Whip evenly over blue layer. Spoon red Jello over Cool Whip. Refrigerate pie for 2 hours or until set.

## KRISPY KREME BREAD PUDDING

*Judy Deck*

2 doz. donuts, cut up  
1 can sweetened condensed milk  
2 (8.5-oz.) cans fruit cocktail with  
juice

9-oz. box raisins  
2 eggs, beaten  
1 to 2 tsp. cinnamon

Place donut pieces in a baking dish. Mix remaining ingredients and pour over top of donuts. Let soak for 15 minutes or so. Bake for 45 minutes to 1 hour at 350°. Start checking at 45 minutes, as the center needs to be jelled. Can get too brown, so check often.

Scripture Bars  
King James Version

2 Jeremiah 17:11

1 cup Jeremiah 6:20

1 tbsp. Psalms 55:21, melted

1/2 cup I Kings 4:22, sifted

1/4 tsp. Leviticus 2:13

3/4 cup Nahum 3:12, chopped

1/2 tsp. Galatians 6:9

1 tsp. Numbers 17:8

To make: Beat Jeremiah 17:11 until light. Add Jeremiah 6:20 and Psalms 55:21, blend well. Add remaining ingredients, blend well and pour into a greased 6 X 10" cake pan. Bake 25 min. at 375 degrees. Cut into 24 bars and roll in pulverized Jeremiah 6:20.

Iris Pope

## Sun Drop Cake

2 sticks margarine  
1/2 cup shortening  
3 cups sugar  
5 eggs  
1 tsp. vanilla flavoring  
1 tsp. lemon flavoring  
3 cups sifted flour  
3/4 cup Sun drop orange flavoring  
soft drink.

Cream margarine and shortening, adding sugar gradually. Add eggs, one at a time, and continue beating well after each addition. Blend in flavoring, flour and Sun Drop. Turn into a large greased and floured tube pan. Bake in a 325 degree oven for one hour and 15 minutes or until cake tests done. Turn out on rack.

Meanwhile, prepare a glaze by melting 2 tbsp. margarine and blend with 2 cups confectioner's sugar and 2 tbsp. Sun drop. Spoon glaze over hot cake.

Bertha Triplette





## Picklesicles

makes as many as you want

On any given Saturday between 1985 and 1988, adolescent Vivian was on roller skates at the Galaxy of Sports in Kinston, North Carolina. Sweat teemed on her upper lip, Michael Jackson's *Thriller* pumped through the speakers, and she licked a picklesicle as she skated through the neon strobe lights that streaked the social hub of tweens in Lenoir County.

The Galaxy, as it was ironically called, was a frugal establishment that took to freezing the leftover brine from the giant, other-worldly dill pickles that sat next to the cash register in the roller rink's snack bar. They opened every Saturday with just a few picklesicles for the taking, and I reserved mine for 90 cents before I ever laced up a skate.

Today I re-create the experience, minus the skates and Michael Jackson, for my own kids using the leftover brine from homemade kraut. Hear me when I say that a picklesicle is just about the most thirst-quenching thing you can imagine on a hot summer day. It may sound like a gimmick driven by nostalgia and silliness, but there's actual science that says kraut juice is the sugar-free, probiotic-rich answer to Gatorade.

Brine from [Can-Do Kraut](#) (page 68), or any pickle brine

1 Just like at the Galaxy, kraut juice at my house is in limited supply. As I work through a jar of kraut, I take shots of its brine or stir it last minute into dishes that need a little pick-me-up, so there's never quite enough at the bottom of the jar to go around.

2 So if you want to make picklesicles, plan ahead and ladle enough brine off the top for a couple treats before you get to the business of using your kraut. Fortunately though, because it's tart and salty, a little goes a long way. I use small silicone ring-pop molds, but you could just as easily rely on an ice-cube tray fitted with wooden popsicle sticks or sturdy paper straws. Just pour the brine in and freeze it.



# Can-Do Kraut

## HERE'S WHAT'S IMPORTANT

- People make kraut with all sorts of sturdy things like radishes, green tomatoes, apples, and beets. And I'm a fan. I'm also a fan of adding chiles, herbs like dill and mint, or spices like coriander and celery seed. But for the purposes of my everyday kitchen, I keep my kraut basic, using only cabbage and cucumber, so I can make decisions about flavor on the fly. We all know you can add ingredients later, but once that dill is in there you can't take it away.
- Fermentation takes time. The prep here is only about 20 minutes, but for the cabbage and cucumber to transform into kraut, it'll take at least a week.
- I recommend pickling salt because it produces a clear pristine brine while kosher and table salts have a tendency to make the liquid surrounding your kraut cloudy. But if pickling salt is elusive to you, and kosher's all you've got, go with it. It'll taste just as good. I don't get down with table salt ever, so I can't really recommend it.
- Heating kraut kills the probiotic qualities we worship it for, so whenever possible, eat it cold or at room temperature. Or eat a handful of it that way while you bake the rest with macaroni and beef.
- Once fermented, kraut will keep in your fridge for 6 months and possibly even longer, but if you haven't eaten it over the course of a half-year you should probably offer its space up to something else.

- 1 head green cabbage
- 1 English cucumber
- 4 teaspoons pickling or kosher salt

- 1 Using a knife or the shredding attachment of your food processor, slice the cabbage and cucumber as thin as you can manage. Thicker slices will work too but they will take more massaging and more time to ferment. Don't peel the cucumber and don't remove the seeds. Feel free to remove the core from the cabbage but take care to use its outer leaves as the dark green color will make pretty kraut.
- 2 Transfer the vegetables to a large bowl and add the salt. Now put your back into it and rub the cabbage, cucumber, and salt together with a deep-tissue massage in mind. Once the vegetables are sufficiently bruised and about two-thirds of their original volume, let them hang out for about 15 minutes. They should deepen slightly in color and start to weep.
- 3 Meanwhile, fetch and clean a glass, ceramic, or hard plastic container to house your kraut. Mason jars work well because of their shape, lack of exposed surface area, and handy lids, but just about any solid, deepish vessel will do. You'll also need a weight, as well as something to cover your kraut with that will allow it to breathe as it ferments. Weights need only to be clean and heavy enough to push the solids below the liquid as the kraut ferments. I've used plates, small jars filled with water, and actual glass weights purchased from the interwebs to great effect. As for the cover, you can secure a clean dish towel or piece of cheesecloth

around the rim of your container with a rubber band. But if you want to make your kitchen a kraut factory, I recommend the silicone lids with air-escape nipples designed to make you a fermentation boss.

- 4 Once you have your soldiers in place and the cabbage-cucumber mixture is starting to get juicy, cram everything into your vessel. When I say cram, I really mean it. Force more kraut inside than you thought possible. You can use a pestle, the back of a wooden spoon, or the handle of a rolling pin to do so. This recipe looks like it makes a ton, but with proper cramming it should fit into two 1-quart jars or one ½-gallon container.
- 5 Once all the vegetables are snug inside, pour any lingering liquid overtop, weigh it all down to keep the cabbage submerged under the liquid, and cover with your towel, cheesecloth, or breathable nipple lid. I've used a number of things to ensure my kraut stays submerged in the brine. Actual paper weights work great. Plates with something heavy-ish on top work too, if the vessel is wide enough. Or use a small jar filled with a salt solution that is 1 cup filtered water to 1 teaspoon salt. (In case the jar leaks, you don't want it to dilute your kraut brine.)

- 6 Put your magical fairy in waiting somewhere that's roughly 70 degrees and out of direct sunlight, but not out of your line of sight. It's important you keep an eye on it as it ferments. First, you will enjoy watching the process. Second, the transformation will produce a brine, and that brine may overflow its vessel as science takes hold and bubbles ensue. This is not a big deal. Just wipe it up and move on, making sure that after about 24 hours, the kraut is always submerged in its brine. If for some reason your kraut doesn't produce enough brine to be submerged, use the same ratio suggested above of salt to filtered water, and pour that over the dry kraut to submerge.

- 7 Over the course of the fermentation process you may see a film develop on top. Just skim it off and move on. You may smell something a little funky. That's normal. All these phenomena are parts of the fermentation process, so don't fret. After about a week, start tasting your kraut. If you like the way it tastes, it's ready to eat. After 2 weeks, this magical fairy has likely done all it will do and you should put a real lid on it and transfer it to your fridge, where it will keep for close to forever.

MAKES 2 QUARTS OR ½ GALLON

*Cookout Recipes*

# **CONDIMENTS**

**TOMATO CATSUP**

**HOMEMADE MAYONNAISE**

**HOMEMADE RANCH DRESSING**

**CUCUMBER RANCH**

**BLUE CHEESE HONEY VINAIGRETTE**

TOMATO CATSUP - Mrs. Jimmie Hines

1 bushel tomatoes

12 medium onions

After cooking together, run through colander. Let set over night and dip off water. Add 2 1/2 qts. sugar, 2 qts. vinegar (saving 1 cup to add after mixture has boiled 1 hour), 4 tbsp. salt, 1 tsp. red pepper, 1 tsp. cinnamon and 1 tsp. allspice. Tie 1 tsp. pickling spice in cloth bag and add to liquid. Cook 4 hours, pour in sterile jars and seal.

**HOMEMADE MAYONNAISE** Place **2 large egg yolks** in a bowl and slowly whisk in **1 tablespoon of canola oil**. Slowly add **1 cup canola oil** to the eggs, 1 tablespoon at a time, whisking constantly. Continue to whisk, alternating additions of the **juice of 1 lemon** and **2 teaspoons white vinegar** with the remaining oil, until all the oil has been added. Add the **zest of 1 lemon, 1 teaspoon Colman's dry mustard, a pinch of ground cayenne pepper, a pinch of paprika, and kosher salt and black pepper to taste**, continuing to whisk until the mayonnaise is thick. This can also be done in a food processor or blender. Whisk in **1 teaspoon hot water**. Store refrigerated in an airtight container until ready to serve or for up to 1 week.

## HOMEMADE RANCH DRESSING

*Judy Deck*

**1/4 c. black pepper**  
**1 1/2 c. parsley flakes**  
**1 1/2 c. garlic salt**  
**2 T. kosher salt**  
**1/4 c. granulated garlic**  
**3/4 c. granulated onion**

**2 T. dill**  
**2 c. mayonnaise**  
**2 c. buttermilk**  
**1 1/2 c. sour cream**  
**1 tsp. lemon juice**

Combine all dry ingredients and store in an airtight container. Makes about 3 1/2 cups of dry mix. Whisk together 2 tablespoons of mix with 2 cups of mayonnaise and buttermilk, 1 1/2 cups sour cream and lemon juice. Refrigerate for 2 hours. Makes 1 3/4 quarts.

## Wedge You Like a Salad with That Ranch?

Serves 4

IT HURTS THE CHLOROPHYLL-LOVING, bitter-green chewer inside me to say it, but I could mow down a good wedge salad any day of the week. Yes, iceberg lettuce has little flavor or nutritional value, but it sure does make a fine canvas for ranch dressing, smoky bacon, tomato, and red onion. This ranch dressing is infused with both the flavor and crunch of cucumber, making it a prince among its peers.

We had a wedge salad on the menu for years at Chef and the Farmer. I kept it on the menu to make people happy, but it didn't add to the story we were trying to tell and took prime menu real estate away from something that could. I eventually took it off and upset a lot of people—many of them my family members. Here it is again.

Don't pigeonhole this dressing as something suitable only for an iceberg wedge. Instead, shower it over tomatoes garnished with crispy croutons, spoon it over roasted beets, or choose it to dress grilled Romaine. You'll find lots of possibilities.

### Cucumber Ranch

Makes 4 cups

- 3 medium slicing cukes or 2 English cukes
- 1½ teaspoons salt
- 1 cup full-fat sour cream
- ½ cup mayonnaise
- ¼ cup buttermilk
- 3 tablespoons minced chives
- 3 tablespoons chopped parsley
- 2 teaspoons onion powder

- 2 teaspoons garlic powder
- 2 teaspoons lemon juice
- 1 teaspoon Worcestershire sauce

### Salad

Serves 4

- ½ medium red onion, peeled, halved, and sliced thin with the grain
- 8 ounces slab bacon

- 1 head iceberg lettuce
- 3 cups Cucumber Ranch (I know it sounds like a lot, but there are cucumbers in there)
- ½ teaspoon salt
- 2 medium tomatoes cut into 1-inch dice
- ½ teaspoon black pepper

**Note:** I recommend slab bacon here but recognize it's not available everywhere. If you can't find unsliced bacon, use the thickest-cut slices you can and cut them into 1-inch squares.

**Make the dressing:** Peel and split the cucumbers lengthwise. Remove the seeds with a small spoon. Slice them into very thin half-moons. Toss the cucumber slices with 1½ teaspoons salt and place over a colander to drain for about 30 minutes. Once all the liquid has leached out, you should end up with about 2 cups of cucumber slices.



you stir well just before serving.

**Make the salad:** Soak the red onion slices in a little ice water for about 10 minutes to make them less offensive. Slice the slab bacon into ¼-inch-wide long slices. Then cut the slices into ½x1-inch batons. In a 10-inch skillet, begin rendering the bacon over medium heat. Cook the bacon until most of the fat has rendered out and the bacon is brown and slightly crispy. Set the bacon aside.

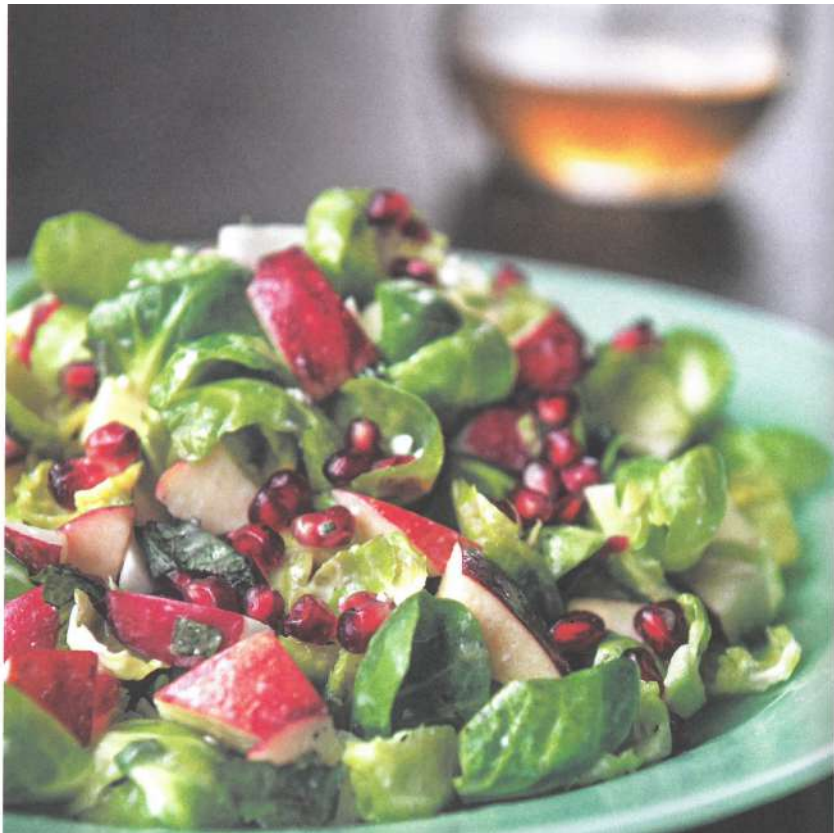
Slice the head of iceberg in half from root end to tip. Slice the halves in half. Chill the iceberg till you're ready to serve.

To serve, spoon some dressing on the bottom of a plate. Position a wedge of lettuce on top of the dressing, leafy exposed side up. Sprinkle the iceberg with a little salt.

Whisk the remaining ingredients together and stir in the drained cucumbers. Allow the dressing to marry for a minimum of 1 hour before serving.

The dressing will keep for up to 5 days covered in the refrigerator. Make sure

Spoon more dressing on top of the lettuce, allowing it to creep down into the crevices of the iceberg. Finish each salad with diced tomato, a nice helping of bacon, red onion to your liking, and black pepper.



## Brussels Sprouts, Apples, and Pomegranate with Blue Cheese Honey Vinaigrette

Serves 6

I LOVE BLUE CHEESE so much I ignore the way my lips itch when I eat it. Whisking it up with honey and coaxing it over crisp apples and Brussels sprouts turns a cheese that people are sometimes daunted by into a dressing it's hard to dislike.

This salad is especially convenient for entertaining because, unlike lettuces that wilt and wane once they're dressed, the Brussels sprouts benefit from a short soak.

12 to 16 large  
Brussels sprouts  
3 medium Fuji or  
other crisp, sweet  
eating apples  
Juice of 1 lemon  
4 radishes, cut into  
eighths  
3 tablespoons thinly  
sliced scallion  
1½ teaspoons salt  
1 cup Blue Cheese  
Honey Vinaigrette

2 tablespoons torn  
mint leaves  
½ cup pomegranate  
seeds  
*Blue Cheese Honey  
Vinaigrette*  
½ cup high-quality  
blue cheese such  
as Maytag, broken  
into crumbles  
3 tablespoons lemon  
juice

3 tablespoons cider  
vinegar  
3 tablespoons honey  
1 teaspoon salt  
10 turns of the pepper  
mill or ¼ teaspoon  
black pepper  
¼ cup grapeseed or  
sunflower oil

**Make the vinaigrette:** In a medium bowl whisk together the cheese, lemon juice, vinegar, honey, salt, and pepper until the blue cheese is broken up and the liquid appears creamy. Then slowly whisk in the oil and set aside. Just before pouring the dressing over the salad, give it another whisk. This dressing will keep in a sealed container in the fridge for up to 5 days.

**Assemble the salad:** Slice the stem end off the Brussels sprouts and separate the sprouts into individual leaves. Set aside. Just before building the salad, dice the apples and toss them with the lemon juice. To the apples add the radishes, Brussels sprouts, scallion, salt, and ¼ cup vinaigrette.

Let the salad sit for at least 10 minutes and up to 30 minutes before serving. Just before you do, top with the mint, pomegranate seeds, and another drizzle of dressing.



## *Cookout Recipes*

# **BEVERAGES**

**LEMON-LIME PUNCH**

**ICED PEACH TEA**

**OPEN HOUSE PUNCH**

**SUMMER PUNCH**

**DAIQUIRI PUNCH**

**WATERMELON LEMONADE**

**LIME SHERBET PUNCH**

**BANANA-ORANGE SLUSH**

**WATERMELON MOJITO**

**CANTALOUPE MARGARITAS**

## LEMON-LIME PUNCH

- 2 packages Koolaid (Lemon-Lime)
- 2 cups sugar
- 2 quarts water
- 1 large can (46 oz.) pineapple juice
- 1 bottle gingerale

Mix all ingredients and chill.

Lunda Honeycutt

# Iced Peach Tea

*Almost everyone loves a cold glass of iced tea, especially in the South. The added flavor of fresh, ripe peaches to black tea gives it an extra lift as a great summer drink.*

MAKES 10 SERVINGS

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**6 regular-size peach-flavored tea bags (see Note)**

**1 cup sugar**

**3 cups peach nectar or peach juice drink**

**1 cup cold water**

**1–2 tablespoons fresh lemon juice**

**4 fresh peaches, sliced**

---

Bring 6 cups of water to a boil. Place the tea bags in a pitcher and pour the hot water over them. Brew for 3–5 minutes.

Add the sugar and stir until dissolved. Let the tea cool on the counter for several hours.

Add the peach nectar or peach juice drink and lemon juice and stir. Slice the peaches and add to the pitcher; serve over ice.

**NOTE \*** My personal preference is Stash's Peach Tea. Always allow plenty of time for the tea to cool on the counter before storing in the refrigerator. I like to make tea for Sunday dinner early in the morning, giving it several hours to cool on the counter before placing it in the refrigerator. Sometimes placing the tea in the refrigerator too soon can cause cloudiness. I always use fresh water in my kettle to make tea.

### Open House Punch

1 Fifth of Southern Comfort  
3 quarts of carbonated soda  
6 oz. fresh lemon juice  
1-6 oz. can frozen orange juice  
1-6 oz. can frozen lemonade

Chill all ingredients, mix in punch bowl, adding soda last. Add few drops of red food coloring (or color desired). Stir, float a block of ice or ice cubes, orange and lemon slices. Serves 32.

Iris Pope

## Summer Punch

Makes 8 cups

THIS IS THE WAY I want to end every meal. Hell, it's the way I want to end everything I do. It's so refreshing, I slurp it up like a dog drinking water...when I'm alone. Otherwise I use a spoon.

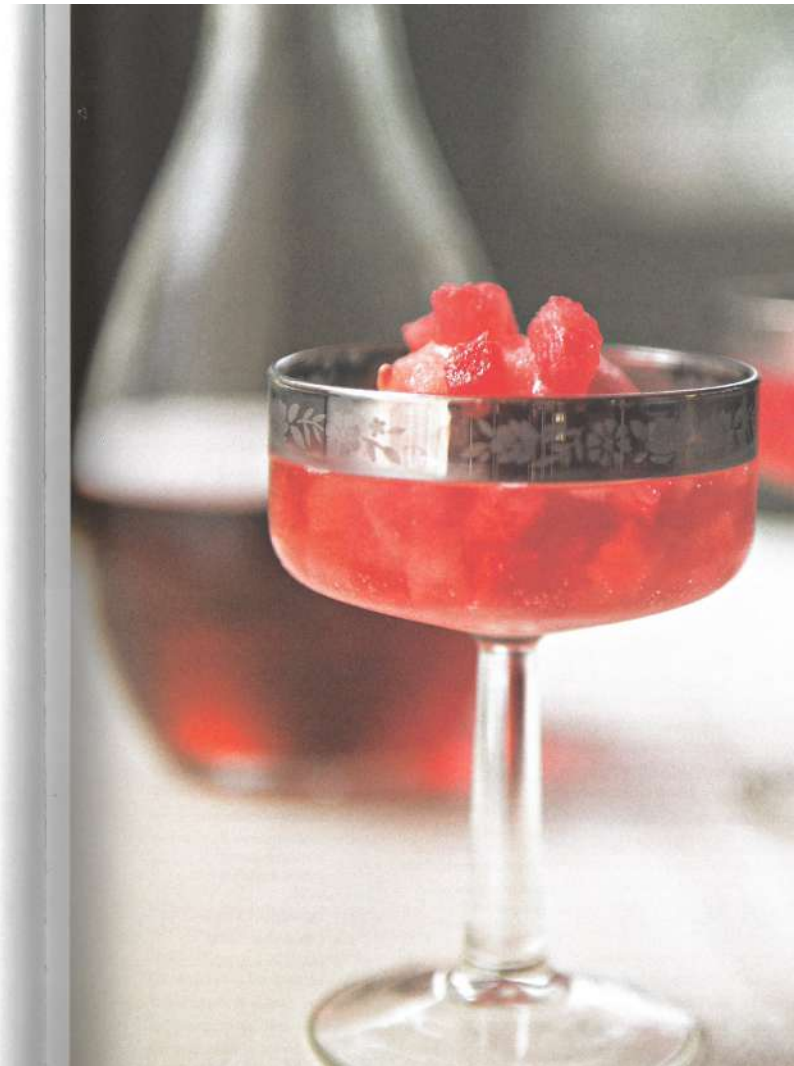
1 quart watermelon rosemary sorbet	<i>Watermelon Rosemary Sorbet</i>	3 pounds seedless watermelon cut into cubes (about 10 cups)
1 bottle sparkling rosé, chilled	1½ cups granulated sugar	½ cup lime juice
2 cups seedless watermelon, cut into small dice	1 cup water	¼ cup plus 2 tablespoons tequila
	3 sprigs rosemary	

**Make the sorbet:** In a small saucepan bring the sugar, water, and rosemary up to a boil. Remove it from the heat and let it cool to room temperature, then strain.

Combine the rosemary syrup, watermelon, lime juice, and tequila in the blender and process till it's smooth. Strain it through a fine-mesh sieve and refrigerate overnight.

The day you want to serve the punch, freeze the sorbet according to the directions on your ice cream machine and transfer it to your freezer for about 2 hours.

**Serve:** Spoon a nice scoop of the sorbet into the bottom of a chilled glass and top with a tablespoon or so of the watermelon dice. Pour the bubbly over and stick a spoon in it. Slurp or spoon up immediately.



## DAIQUIRI PUNCH

1 can limeade  
2 cans lemonade  
1/2 bottle rum  
1 quart gingerale  
Grenidine to taste

Mix all ingredients and chill.  
Can be frozen and put in punch bowl.

Gail Little

# Watermelon Lemonade

*This cool drink is easy to make and could become a sorbet or frozen popsicles for the kids (pour it into paper cups or popsicle molds and freeze). I use frozen pure lemon juice to make the preparation even simpler. You could really surprise the gang by using a yellow-fleshed watermelon instead of a red one.*

MAKES ABOUT 10 SERVINGS

---

- 1 small (“personal size”) seedless watermelon**
  - 1 cup fresh lemon juice**
  - 1 cup sugar**
  - 5 mint sprigs**
- 

Remove the rind from the watermelon and discard it. Chop the flesh into cubes and purée it in batches in a blender. Strain the watermelon juice through a fine-mesh strainer to remove any remaining pulp. Discard the pulp. You should have about 4 cups of juice.

Put the watermelon juice in a pitcher and stir in the lemon juice. Stir in the sugar until it dissolves. Roll the mint sprigs between your hands to crush them and drop them into the pitcher.

Refrigerate the juice for several hours, until thoroughly chilled. Remove the mint sprigs before serving over ice in tall glasses.

## LIME SHERBET PUNCH

- 1 package of lime-lemon Koolaid  
(required amount of sugar, if unsweetened)
- 1 quart of chilled water
- 1 - 28 oz. can of pineapple juice (chilled)
- 1 - 28 oz. bottle of gingerale (chilled)
- 1/2 gallon of lime sherbet

Empty koolaid into punch bowl, add liquid ingredients, stirring well. Scoop lime sherbet on top of punch. Koolaid, water and pineapple juice may be mixed ahead of time and stored in the refrigerator.

Gingerale and sherbet should be added immediately before serving. Serves about 20.

(Is easy to make and cool and refreshing to drink.)

Billie Cox

*Confidence is a plant of slow growth*



## **BANANA-ORANGE SLUSH**

---

*Mary Penn*

- |   |   |
|---|---|
| 1 c. sugar                                  | 3 soft bananas, mashed                        |
| 2 c. boiling water                          | 1 (10-oz.) jar maraschino cherries with juice |
| 6 oz. frozen orange juice, undiluted        | 2 1/2 T. lemon juice                          |
| 1 (15-oz.) can crushed pineapple with juice |   |

Mix and refrigerate 24 hours. Freeze in electric freezer. Keeps well in freezer for a long time if not used immediately.

## Watermelon Mojito

**2 (1-inch-square) watermelon chunks**

**6 large mint leaves, plus extra for garnish**

**Juice of 1 lime**

**2 teaspoons sorghum**

**2 ounces aged rum**

**4–5 ice cubes**

**Sparkling water**

I'd been dreaming of Cuba for years when I learned, not long ago, that my grandfather had lived there in the 1940s and had regarded it as paradise on earth. I was lucky enough to have the chance to travel there recently on a people-to-people trip to visit organic farms. The farms, and how they had evolved, were interesting. But the cocktails on the island were very rewarding, too. Cubans muddle up all kinds of fruit in their rum, and I came home ready to up my mojito game. Throw out that plain white rum, stock up on good aged rum, and get the cocktail glasses out. Make each cocktail in its own glass. You don't want to lose any fruit juices or water things down too much with ice by pouring from a shaker or pitcher. Sorghum rather than sugar adds a nice southern touch. This recipe makes one 6- to 8-ounce cocktail. Adjust your ingredients based on the number of people you're serving.

*Makes 1 cocktail*

Place the watermelon chunks, mint leaves, lime, and sorghum into the bottom of a glass. Muddle well to break down the watermelon and mint leaves. Add 2 ounces of aged rum and ice to the glass, and top with a splash of sparkling water. Stir with a long spoon to mix everything together. Garnish with more mint, and serve immediately.



## Cantaloupe Margaritas

Hello, Liquid Summer. This drink is perfect after a long Saturday working at the farmers' market. We make big pitchers of it, and usually more than one batch. It goes down easily on a hot day.

Makes 4–6 servings

Drop the cantaloupe, limes, and herbs into a food processor, and process until they are liquid. You might want to add items gradually if you're using a less powerful food processor.

When the fruit and herbs are completely incorporated and liquidy, add the alcohol and simple syrup and pulse a few times. Start adding the ice in batches and process on high to incorporate. For a more liquid consistency, process longer. For a chunkier, slushier texture, just pulse a few times to break up the ice.

Serve in salt- or sugar-rimmed glasses with a fresh lemon verbena sprig for garnish.

- 2 pounds cantaloupe, seeds and skin removed, cut in chunks
- 3 limes, peeled, halved, and seeded
- ¼ cup chopped fresh lemon verbena or lemongrass, plus more for garnish
- 1 cup orange liqueur, like Grand Marnier
- 2 cups good tequila (añejo or reposado)
- ½ cup simple syrup
- 2 cups ice cubes
- Salt or raw sugar, for rimming

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Orange Crush Pound Cake, page 219

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Punch Bowl Cake, page 225

*from* Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

4th of July Jello Pie, page 240

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Krispy Kreme Bread Pudding, page 275

*from* Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Scripture Bars, n.p.n.

*from* Winston-Salem Shrine Club: Nobelle's Cookbook (call number NC 641.59756 N744)

Sun Drop Cake, n.p.n.

*from* Winston-Salem Shrine Club: Nobelle's Cookbook (call number NC 641.59756 N744)

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*from* This Will Make It Taste Good: A New Path to Simple Cooking by Vivian Howard (call number NC 641.555 H 2020)

## **Condiments**

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*from* Favorite Recipes: New Friendship Home Demonstration Club (Winston-Salem, NC) (call number NC 641.59756 F275)

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*from* Foster's Market Favorites by Sara Foster (call number NC 641.5975 F757F)

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*from* Winston-Salem Shrine Club: Nobelle's Cookbook (call number NC 641.59756 N744)

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*from* The Farmhouse Chef: Recipes & Stories from My Carolina Farm by Jamie DeMent (call number NC 641.59756 F234)

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