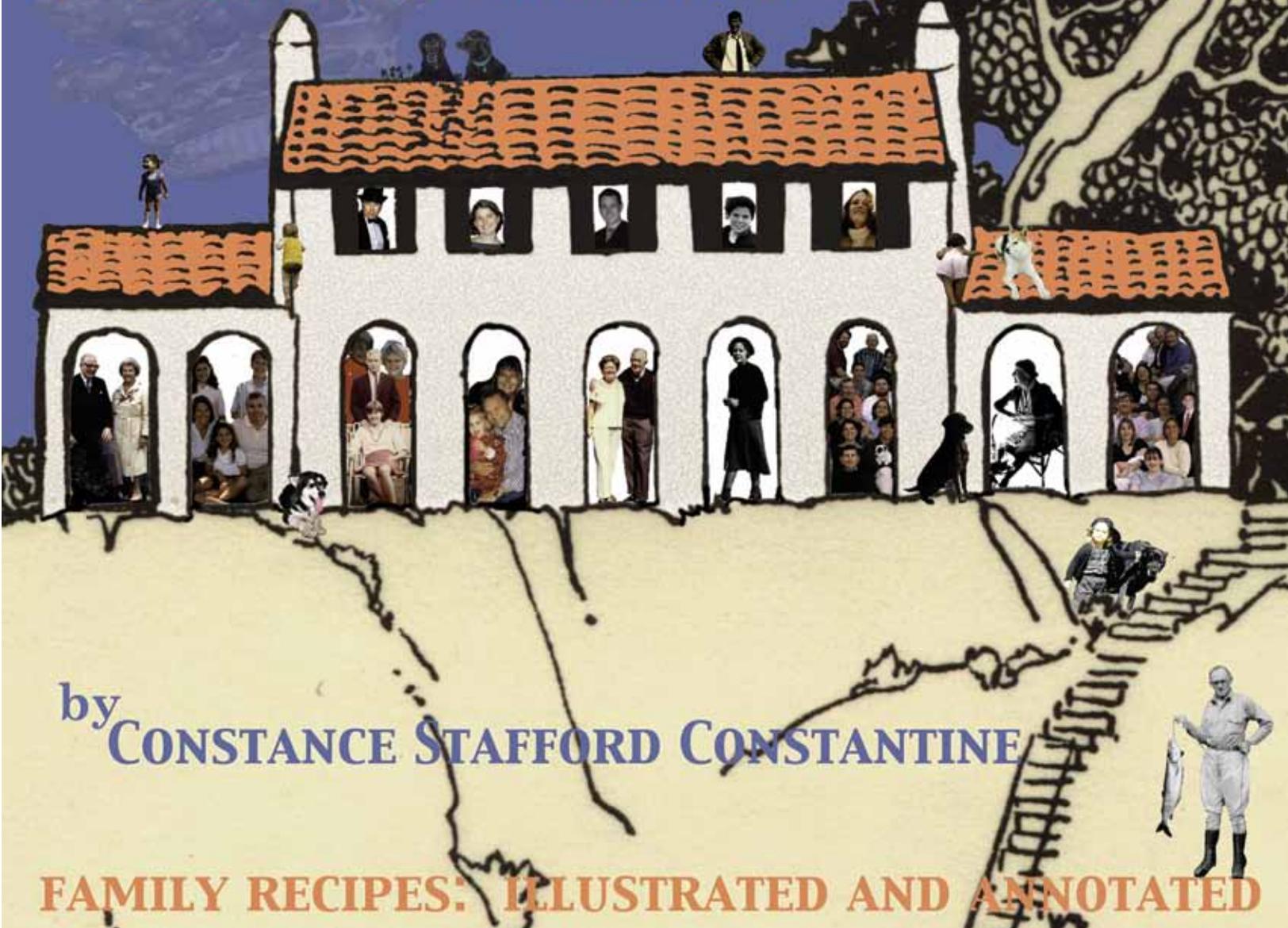


# ANCESTRAL COOKING

AN OFFERING TO MY CHILDREN



by  
CONSTANCE STAFFORD CONSTANTINE

FAMILY RECIPES: ILLUSTRATED AND ANNOTATED

# *ANCESTRAL COOKING*

*by:*

*Constance  
Stafford  
Constantine*



To Ted and Holly and Emily,  
with love from Mom.

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**I**nitially, I wrote this book as a gift to my children, Ted, Holly and Emily on the occasion of my 50th birthday. I included the recipes that they grew up with or that I felt they should have on hand as well as the stories and photographs which went with these recipes. I wrote on my computer, scanned old photographs and recipes, and took some new digital photos. After printing three copies of the book on my inkjet printer, I bought a cowhide at M. Steffan's Sons, a leather shop that has been in downtown Buffalo for generations. Using heavy natural linen thread and an ice pick I bound my printed work into three leather volumes. I used an accent of red linen thread on the spine of Ted's book, green on Holly's and blue on Emily's to differentiate the three volumes. I presented the completed books to Ted, Holly and Emily for my birthday, May 18, 2000. The only other copy of this version is spiral-bound and belongs to Elizabeth Drake (Tuppy) in Lincolnshire, England.

As I showed the book to close friends in the ensuing months, and found myself explaining the stories, I realized that this would not do for my children's grandchildren and others whom did not know the inside story. I needed to amplify the stories to include necessary background information.

I have rewritten the book so that it might be of interest to my, as yet unborn, descendants and to a broader group of people outside the immediate family. I hope that I have done this effectively.

I had 100 copies of that second version printed. They were all spiral-bound.

I ran out of books and people keep asking me for copies. I was fortunate to find a reasonable way to print more and have had 250 copies of this re-edited version printed.

Each of these recipes has grown from another which came from who-knows-where. Each time a dish is prepared it is different, which is as it should be. Even if you try to prepare a dish exactly as the recipe is written, the ingredients, temperature, humidity and water may be a bit different from the last time you made it; to say nothing about it being more than a bit different from the last time your great grandmother made it.

Know that these recipes were all created with love and were enjoyed enough to keep and use again and again. I hope you find it entertaining.

*Constance Holloway Stafford Constantine*  
*28 November 2001*  
*edited 5 April 2006*

**Dear Ted & Holly & Emily,**

**I offer you a compilation of the family recipes that I hope you will appreciate and find useful. Included are relevant stories and photographs in order to add depth of meaning and a stronger sense of connection to your heritage.**

**I consider recipes from our ancestors to be gifts from them. This book, written for you, is also my thank-you to them.**

**Not included are some recipes that were enjoyed by your ancestors, but which might make you slam the book closed, never again daring to open it - such as creamed sweet breads.**

**This is my first try at this and I may have missed some of the recipes that you might like to have. Consider this as a working document begging for additions. My hope is to continue to add to the content – recipes, stories and photographs – from the past and into the future.**

**With much love from your mother,**

**Constance Holloway Stafford Constantine**

**on the occasion of my 50th Birthday  
18 May 2000**



Your Dad and I in March 1974,  
a few months after we were married.



Our 25th anniversary party.



Ted in 1978



Holly in 1979



Emily in 1983

# Relative Contributors



*John & Elizabeth Boland with  
John, Jr and Elizabeth*

Isaac Holloway  
Mary Ann Allen  
"Grandmother Holloway"



John J. Boland  
Elizabeth Genevieve McCabe  
"Grandma Boland"



William Wallace  
Constantine  
Pauline Kurtz



Walter Edwin Constantine  
"Grandpa"  
Elizabeth Marie Boland  
"Grandma"



Walter Edwin Constantine Jr.  
"Dad"  
Constance Holloway Stafford  
"Mom"

Ted  
Walter Edwin Constantine III



Holly  
Holloway Woodward Constantine

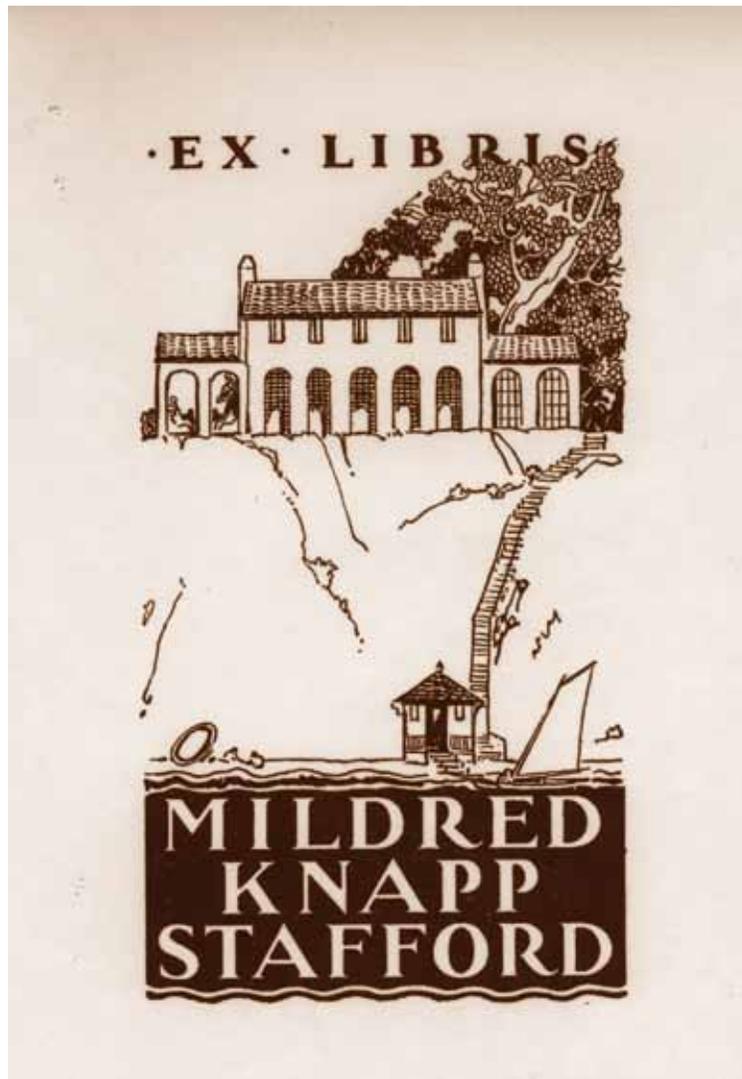


Emmy  
Emily Wallace Constantine





# OVERLOOK



This is Dammummy's bookplate, which I have adapted as the basic graphic in this book. It is of our summer home Overlook, which my grandparents Walter Fleming Stafford and Mildred Blackie Knapp Stafford (Dammummy and DanDan) built in 1927.

**O**verlook, your summer home on the Canadian shore of Lake Erie, sits on land that my great, great grandfather Isaac Holloway purchased in 1870. He and Chandler Wells, your cousins Jenny, Betsy and Andrew's great, great, great grandfather, bought Point Abino for the sand of the west shore. The dune was mined and the sand carried to Buffalo by barge. Isaac and, after him, his son Allen ran the Point Abino Sand Company. The east side of the Point, which had no sand, was developed as a summer colony. Many friends of the Holloways and the Staffords (Isaac's daughter Harriet married James B. Stafford) built summer cottages there.

In the mid 1920s my grandfather Walter Stafford, known to us as "Dandan", made a deal with his uncle Allen Holloway to develop the remains of the sand mine into the forty 100 foot lots that make up Abino Hills. He built Overlook in 1927 in a Green and Wicks design reminiscent of the Spanish mission architecture of southern California, a place Dandan loved to visit.



DanDan's sales brochure showed a view of Overlook with my father at 6 or 7 playing with his dog. This drawing of Overlook with Baah playing outside is from that brochure.

**BREAKFAST STUFF**



# **BREAKFAST STUFF**

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Breakfast food can be served any time of day. It is appropriate for times when you feel in need of a bit of comfort: when sick, tired or a bit sad. An egg-in-a-mess is my favorite comfort food.

## EGG-IN-A-MESS

To make a proper Egg-in-a-Mess: Combine 2 poached or soft boiled eggs and 2 pieces of buttered toast, which have been cut or torn into small pieces, in a cereal bowl, preferably made by M.A. Hadley. Stir it all up. Salt and pepper to taste. Eat with a teaspoon.



Our favorite Hadley bowl.



My Mother, your NaNa, with her Mother, Mummy Helen, in 1922 at Elkins Park, Pennsylvania, in the house where NaNa was born.



NaNa with Me in 1956 on the front lawn at Overlook.



Holly, Ted and Emily Thanksgiving 1982 at Ipathonga, my parents' camp in the Adirondacks at Onchiota, New York

**This has been a favorite recipe for at least four generations. NaNa often recounted stories of her mother making it for her when she was a little girl living on the French Riviera and later in New York City and at Camp Canaras in the Adirondacks. An Egg-in-a-Mess was a comfort food that her mother made on the rare occasions that mother and daughter were alone together.**

# WAFFLES

1¾ cups all-purpose flour  
 1 Tablespoon baking powder  
 ½ teaspoon salt  
 1 Tablespoon sugar  
 1½ cup milk  
 3 eggs, separated  
 1 tablespoon butter, melted  
 Mix and sift dry ingredients.  
 Add milk gradually, then the well beaten yolks of the eggs  
 and the butter. Fold in the whites of eggs, beaten stiff, but  
 not dry.  
 Cook in an electric waffle iron.



My Grandparents, Dammummy and DanDan, on the west shore of Point Abino before anything was built there, probably about 1915.



Dining Room table at Overlook taken by Baah's cousin and my godmother, Ellie Jameson.

**When Taz, Reid and I were young Dammummy often made waffles for us at the big dining room table at Overlook. She used an electric waffle iron, which my brother Taz owns as a part of his vast collection, now at 18 and growing. These wonderful waffles were always served smothered with butter and real Canadian maple syrup.**

### GOOSH TOAST



John, Ann, Robert, Bill and Walter  
Constantine taken in 1950.

Toast white bread and, while it is still hot, cover it with an ample layer of a ‘goosh’ of white sugar, cinnamon and softened butter.

**This was a favorite of your Dad and his siblings, especially Robert.**

### EGGS BENEDICT

Put a slice of ham or peameal bacon and a poached egg on top of a piece of buttered toast or an English Muffin. Top it with Hollandaise Sauce. (see SALADS, SAUCES AND DRESSINGS)

**NaNa often ordered Eggs Benedict at the Drake Hotel or the Plaza Hotel in New York City on those special mid-winter weekend trips my parents took me on during grade school and when I was in boarding school at the Masters School in Dobbs Ferry, NY.**

Emily having the ultimately convenient breakfast.  
(Note my Bullwinkle watch)



## SCRAMBLED EGGS

Beat two eggs per person. Do not add milk or water.

Add salt, pepper and herbs such as lemon thyme, rosemary, basil, chives and garlic.

Melt just enough butter to coat the bottom of the pan.

The pan should not be hot enough at this point to cook the egg.

Pour the eggs into the pan and stir continuously over low heat until it all starts to coagulate at once. It seems as if they will never cook, but, all of a sudden, they do. Be patient.

If you need to scrape much cooked egg off the bottom of the pan, your pan is too hot.

Keep stirring and cook until done, but not dry.



I am between my parents in the receiving line at my debut on June 15, 1968.

It was also my parents' 26th wedding anniversary.

**NaNa taught me how to make these scrambled eggs for the after-parties during my debutante year. After my “coming-out” party at the Garret Club in Buffalo ended at about 3:30 in the morning many of us walked up the street to my parents’ house for a swim and a breakfast of scrambled eggs, bacon and toast. After these parties we would go home to bed, some to rise for work and others to sleep well into the day, to rise just in time for a luncheon in honor of one of the debutantes. We all met the next evening for another party. This went on for a couple of weeks in June with parties sprinkled through the summer and a second intense series of parties in December.**

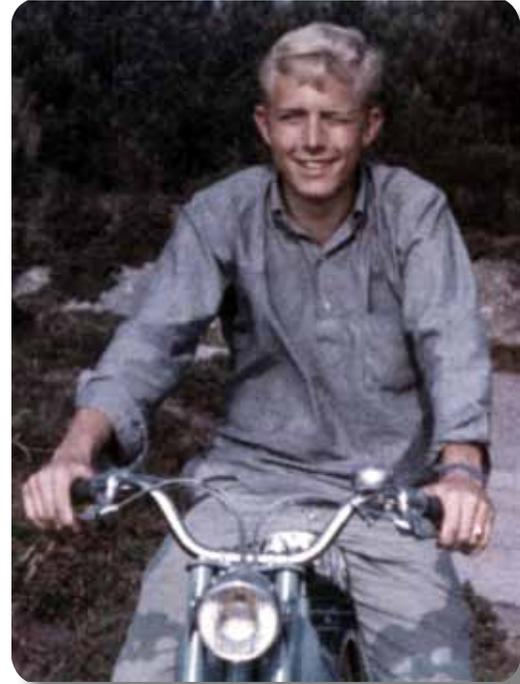
## **TAZ'S PANCAKES** **AKA TAZCAKES**

Mix together:

1½ cups of all-purpose flour  
1 Tablespoon baking powder  
¾ teaspoon salt  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg

Then add:

6-8 oz plain yogurt  
and two egg yolks.  
Add milk to thin to your liking.  
Beat the 2 egg whites.  
Fold together gently.  
Spoon on to a hot griddle and cook just until  
cooked through.



My brother Taz in France in 1961.  
It was a brief motorcycle experience.

Keep the dry mix in containers for travel, to just add yogurt, eggs and maybe some milk. We often made these in the shape of teddy-bear heads with raisins for eyes.

Use wooden or plastic utensils in teflon pans. Do not use metal ones, as they will scratch the teflon.

If I were going to eat pancakes, Taz's would be my choice, but...

In 1953 our entire family and our Great Dane, Rhett Butler, who was known as Rhett-burger, drove across the United States from Buffalo to California where Baah was stationed in the Navy during the Korean War. Throughout the trip west I insisted on eating only pancakes and Taz insisted on eating only steak; I think that Reid was a bit more reasonable. The return trip in 1954 from California to Buffalo, by way of DanDan and Dammummy's home in Merritt Island, Florida, was a rerun. I feel that I have had a lifetime overdose of pancakes.



Rhett with me 1954.  
Who was walking whom?  
Rhett often backed up to a couch and sat down, just like everyone else in the house.



My brothers Reid and Taz flanking me at Yosemite in 1954.

On the trip east from California.



Baah with me at the Grand Canyon in 1954.

# PORRIDGE

Porridge is a thick boiled mush of grain or beans. We usually think of porridge as oatmeal, but all know the nursery rhyme that talks of “pease porridge, hot...”

## OATMEAL

Real oatmeal made from steel cut oats is wonderfully nutty and a treat with dark brown sugar and heavy cream, or just with maple syrup, and maybe some raisins. It is so much better than the ‘quick’ kind of oats that it seems like a different cereal.



This porringer was NaNa's. A porringer is an individual dish for eating porridge, primarily used for babies. The silver ones have lasted because they didn't break when dropped, as was inevitable. Most old ones have many dents from being well used and loved.

“Into 4 cups of briskly boiling water sprinkle one cup of oatmeal, stirring well. When the porridge is smooth and beginning to thicken, reduce heat and simmer 30 minutes, stirring occasionally.”



DanDan ate his oatmeal with dark brown sugar and cream so thick that it was spoonable, rather than pourable. I was often invited to sit on his knee and share his breakfast with him on the kitchen porch at Overlook.

## RED RIVER CEREAL

To 3 cups of boiling water  
add 1 cup Red River Cereal  
and 1 teaspoon of salt

Cook for about 20 minutes, stirring occasionally.

Serve with brown sugar or maple syrup, and milk or cream.

makes 4 servings



**Red River Cereal is a multi-grain Canadian cereal consisting of cracked wheat, cracked rye and whole flax seed. It is the true Canadian lumber-jack or gold miner breakfast. Dammummy and DanDan used to have it up at their camp on Lake Temagami and at the camps of the northern Ontario gold mines in which DanDan was invested. It is made by Maple Leaf Mills and is available in Canada and I am just beginning to see it in the United States in some grocery stores.**

**My only trip to Dammummy and DanDan's log cabin on Lake Temagami in 1956 was their last. Dammummy and her siblings had grown up spending their summers on a neighbouring island. It was sold soon after that trip due to my grandparents' iffy health. They lived many more years, however. I think that the lack of electricity and telephone as well as the distance to town by boat were the issues.**



I was with Reid, Taz, Dammummy and DanDan at the dock in Temagami in 1956.



# BREADS

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## HUCKLEBERRY MUFFINS

What is a huckleberry? I looked it up in the Oxford English Dictionary and came up with the following, which may not be supported in all cookbooks:

Huckleberry... The fruit and plant of the species of *Gaylussacia* (N. *Vacciniaceæ*), low berry-bearing shrubs, common in North America. Also applies to N. American species of the closely allied *Vaccinium*, more properly called blueberry.

Dammummy told us that the blueberry was the small northern wild fruit, while the huckleberry was the large one grown commercially in Southern Ontario.

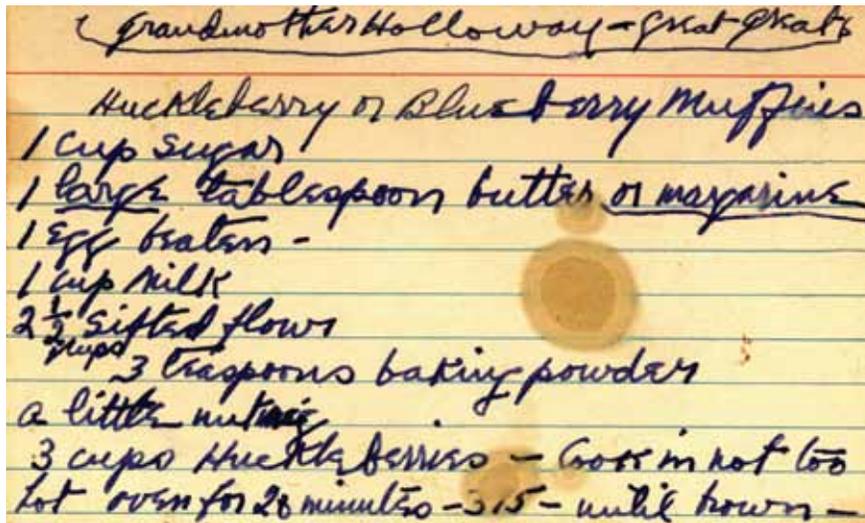
Dammummy was known for her huckleberry muffins.

She always used her cast iron Griswold muffin pan which made 10 muffins, the same one she used for making popovers. This was always well greased so that anything cooked in it would fall right out.



This portrait of my grandmother, Mildred Blackie Knapp Stafford, was painted in 1926 by John Young Hunter (1874 - 1955), a Scottish artist who was a member of the group of Edwardian Pre-Raphaelites in London and who went on to work in New York.

PHOTO BY ELLIE JAMESON



Huckleberry Muffin recipe that Dammummy gave to Sue when she married my brother Taz. The recipe came from DanDan's grandmother Mary Ann Allen Holloway.

1 cup sugar  
 1 rounded tablespoon of butter  
 1 egg, beaten  
 1 cup whole milk  
 2 1/2 cups sifted flour  
 1 Tablespoon baking powder  
 a little nutmeg  
 3 cups Huckleberries

Cook in a not-too-hot (375°F) oven for 20 minutes.

Sift the flour first, then measure it. Sift it a second time with the baking powder. Sifting can be done through a strainer, no sifting contraption is necessary.

Add nutmeg to taste. You might even go wild and add a bit of cinnamon.

If you are using a heavy cast iron muffin pan, butter it and heat it in the oven, then fill 2/3 full and bake. If you are using a lighter weight pan, you needn't preheat the pan.



Dammummy's Griswold muffin pan

## RAISIN BRAN MUFFINS

5 cups flour  
3 cups sugar  
5 teaspoons baking soda  
1½ teaspoon salt  
15 oz. box of raisin bran cereal  
1 quart buttermilk  
1 cup corn or canola oil  
4 eggs, beaten

**Grandma Constantine gave this recipe to me. I think that she found it on a box of Raisin Bran, but I don't know which company.**

In a large mixing bowl blend flour, sugar, baking soda and salt.

Stir in cereal.

In another bowl blend buttermilk, oil and eggs.

Blend dry with wet, **ONLY UNTIL WET.**

Grease muffin tins.

Bake for 15-20 minutes in a 400°F oven.

You can keep this batter in a covered bowl in the refrigerator and make fresh muffins every morning. Like chocolate chip cookie dough this batter is wonderful by the spoonful right out of the bowl in the refrigerator.

## POPOVERS

**Dammummy buttered and pre-heated her cast iron Griswold muffin pan, pulled it out of the oven, dropped in the popover dough, and quickly put it back into the oven.**

Dammummy's Receipt (as she spelt it):

1 cup flour

$\frac{1}{4}$  teaspoon salt

$\frac{7}{8}$  (1) cup milk (*Dammummy seems to have adjusted the recipe to 1 cup*)

2 eggs

$\frac{1}{2}$  teaspoon melted butter — to butter the pans

Dammummy neglected to tell us what to do with this recipe, so I consulted THE JOY OF COOKING, which tells us that the pre-heated oven should be a hot one—450°F.

Fill the muffin cups only  $\frac{3}{4}$  full in order to maintain the light and fluffy texture.

After 15 minutes lower the temperature to 350°F. They emphasized that you must not open the oven. Bake for another 20 minutes.

To make YORKSHIRE PUDDING use the same recipe but bake it in a 9"x 9" baking dish or a #7 iron frying pan with beef fat instead of butter.



Dammummy with Baah  
at Overlook in 1928.

## HONEY•OATMEAL•WHEAT BREAD

Dissolve a scant 2 Tablespoons dry yeast in  
3 cups 'blood-warm' water.

Add ⅓ cup melted butter and ⅓ cup warmed, but not hot, honey.

Mix together well and allow it to froth.

In another bowl mix together the dry ingredients

2 teaspoons salt

2 cups uncooked rolled oats

7 cups high-gluten bread flour

You might need up to 1 more cup of flour at the end,  
depending upon the weather.

Knead.

Raise to double in the mixing bowl.

Knead again and make into 3 loaves.

Raise in greased bread pans.

Bake for 45 minutes in a 375°F oven.

**When you were young I made lots of bread using this recipe and accordingly bought a 45 pound bucket of honey from the farmers' market on Pearl Street in Buffalo. One day Emily was sitting on the bucket and the top was not on tightly. The top flipped and Emily dropped in. Being the good girl that she is, she waited with her bottom in the sticky hold until I could produce a camera.**



Emily—always ready with a phone.

## ENGLISH MUFFIN BREAD

Makes 1 large or 2 smaller loaves

1 package active dry yeast (1 scant Tablespoon)

1 Tablespoon granulated sugar

½ cup warm water

2½ cups all-purpose flour

2 teaspoons salt

⅞ cup warm milk

¼ teaspoon baking soda, dissolved in 1 Tablespoon warm water

Combine flour and salt.

Mix in large bowl combine yeast, sugar, and water.

Allow it to sit until it froths.

Add flour-salt mixture and warm milk, alternately while stirring vigorously with a wooden spoon. Beat with a spoon until it shows elasticity and looks as if it is about to leave sides of the bowl.

When it is almost gummy, cover it and let it rise in a warm place until doubled in size - for about 1¼ to 1½ hours. Stir it down with a wooden spoon, add the dissolved soda and beat vigorously again for about 1 minute, distributing the soda thoroughly.

Put it into one large or two smaller bread pans. Preheat oven to 375°F.

Rise it again in a warm place for about an hour.

Bake in a 375°F oven until the bread is golden on top and it shrinks slightly from the sides of the pan, about 20 minutes.

Cool in the pans for about 5 minutes, then turn it out.

## IRISH SODA BREAD

One St. Patrick's Day many years ago when you, Holly, were in second grade at Park School in Buffalo I was teaching your class for much of the day. All the kids gathered around as we made Irish Soda Bread. Some were wide-eyed and attentive, others played hockey with the dough. While the bread was baking we all made butter using one of the old gallon glass jars with the wooden paddles attached through the lid. The kids kneaded, washed and salted the butter and then spread it on the hot bread right out of the oven. I don't know whether you thought of your Irish ancestors eating such bread and butter on the cold hard west coast of Ireland, but I did. It was great fun, except the hockey part, and we had much help from other classes for the tasting part.

1 $\frac{2}{3}$  cups all-purpose flour  
5 Tablespoons white sugar  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
1 cup raisins

4 Tablespoons butter, melted  
1 cup buttermilk  
1 large egg

Mix the dry ingredients together, making sure there are no lumps in the soda. Add the wet ingredients to the dry and mix just until incorporated. Make a mound on a floured baking sheet & mark the top with a cross. Bake it at the top of a hot oven (375°F) for 25 - 30 minutes. It is done when a toothpick comes out clean. Cool on a rack.

## BUTTER

There are several ways to make butter, short of running the cow around until her milk separates. Shake a small container of heavy cream until it separates; or mix it with beaters or in a food processor until it separates; or put it in a gallon jar with wooden paddles attached to the inside of the top for the purpose and crank. Whatever your method, wash it well and then salt it, if it will not be used immediately. Sweet butter is unsalted and will spoil more quickly than salted.



Butter Churning Jar

**While sitting in the back seat of our 1954 Chrysler station wagon, piloted by Baah through green fields of grazing cows, I spotted a cow running through a field. Having just learned that butter is made from shaking up cream, I asked how the farmer was going to extract the butter from that cow. I don't think I ever got a satisfactory answer.**

## FAVORITE SANDWICHES

**I have always hated peanut butter. When offered a peanut butter and jelly sandwiches I always requested a strawberry jam sandwich.**



Rose, our cook for many years at Tudor Place and Overlook.

**Every summer morning as a four-year-old in the Peanut Squad at Point Abino Day Camp I was sent off to walk down the beach with my lunch. I was a very picky eater, but would always eat sugar and butter. Rose made me brown sugar and butter sandwiches on good dense white bread.**

**Rose ran our kitchen on Tudor Place in Buffalo and at Overlook. We were allowed in the kitchen right after school for a snack, but banished by about 4 o'clock never to witness, and be underfoot for, the creation of dinner. Dinner was cooked by Rose and served by Alberta and Rosetta at 6:30 sharp. My brothers, Taz and Reid, wore coats and ties, I wore a skirt and blouse or a dress. This happened only during the winter. The summer rules were a bit looser.**

**A great and easy lunch at Overlook is made from fresh dense bread slathered with Hellmann's or homemade mayonnaise. Lay down leaves of arugula picked from the outer edge of the garden and slices of sun-warm tomatoes from the protected inner edge, if the dogs haven't already eaten them. (Tomatoes seem to be a favorite of labrador retrievers.) Salt and pepper to taste.**

**Emily's favorite sandwich for taking to camp was peanut butter and grape jelly with mayonnaise and pickles. It was all going to end up in the same place, so why not eat it that way, I guess might have been her thinking.**



Betty has been with us since Ted was 18 months old. Here she is sorting plates in the kitchen at Irving Place.



Rosetta and Alberta, who were with us at Tudor Place and Overlook from the time that I was 7 years old.

**Baah loved bacon, lettuce and tomato sandwiches made with mayonnaise. I often asked that they hold the lettuce and tomato.**

**NaNa's favorite sandwich was liverwurst, guava jelly and mayonnaise. Believe it or not, it was absolutely wonderful! She often made them for you when you were little.**

## CORN BREAD

**Preheat oven to 350°F. Heat a #8 (10") iron frying pan in the oven.**

COMBINE DRY INGREDIENTS:

¾ cup yellow corn meal

¾ cup all-purpose flour

¼ cup white granulated sugar

½ cup brown sugar

1½ teaspoon baking powder

1 teaspoon salt

COMBINE WET INGREDIENTS:

¾ cup buttermilk

¼ cup corn or canola oil

1 egg

¾ - 1 cup of corn either stripped from ears during season or out of the can.

When the oven is up to temperature, toss a dollop of butter in to the iron pan to melt.

Put it back into the oven.

Pour the wet ingredients into the dry ingredients at the last minute.

Stir only until wet.

Swirl the butter around in the pan and toss the batter in.

Bake for 25-30 minutes. When it is done it will begin to pull away from the sides of the pan and the center will begin to crack. Turn out onto a cutting board. Some people have been known to attack this with a spoon while it is still in the pan.

## PUMPKIN BREAD

**Preheat oven to 350°F.**

3 -1 pound coffee cans  
 3 cups white granulated sugar  
 1 teaspoon ground nutmeg  
 1 teaspoon ground cinnamon  
 1½ teaspoon salt  
 2 teaspoons baking soda

1 cup corn oil  
 4 eggs  
 1 cup Libby's Easy Pumpkin Pie Mix (⅓ of the can)  
 ⅔ cup water  
 3 cups unbleached, unbromated all-purpose flour

Grease the coffee cans with vegetable oil.  
 Mix the dry ingredients together, except the flour.  
 Add the wet ingredients. Mix well with an electric beater.  
 Mix in flour 1 cup at a time.  
 Fill coffee cans ⅔ full.  
 If you add raisins, flour them first so that they do not sink.

Bake for 1 hour in a 350°F oven  
 Let them cool and turn them out of their cans. You might want to heat the bottom of the cans very briefly on a burner to release the bread.

I make 3 batches at once to use the entire can of pumpkin pie mix.

**I have been using this recipe since I was in college. It has been a favorite of many.**



## RED RIVER CEREAL BREAD

Red River Cereal is a product of Maple Leaf Mills in Canada. It is made of cracked wheat, cracked rye and whole flax seed. See it made as a porridge in **BREAKFAST**.

1 cup Red River Cereal  
3 cups water  
 $\frac{3}{4}$  cup brown sugar  
2 teaspoons salt  
3 Tablespoons butter  
2 Tablespoons yeast dissolved in  $\frac{3}{4}$  cup lukewarm water  
 $6\frac{3}{4}$  cups high gluten bread flour  
1 egg  
sesame seeds



**This recipe is mine. I made it up.**

**Play with different combinations of flours.**

**I forgot to take my bread pans to Canada one summer and made round loaves with no pans. I have not used bread pans since although square slices might make better sandwiches.**

Mix cereal, water, brown sugar, salt and butter and cook to the consistency of loose cooked cereal. Allow to cool until it is lukewarm, which is sometimes referred to as 'blood-warm'. Temperature is extremely important, as too much heat will kill the yeast. If in doubt, let it cool some more.

Combine the cereal mixture with the yeast mixture.  
Mix in the flour. Some more flour may be needed depending on the weather.  
Add it gradually and sparingly.

Knead.  
Put in a warm place and allow it to rise to double. It is done when it just deflates when poked with a finger.

Knead again.  
Shape into loaves and put on a cookie sheet or into bread pans.  
Pre-heat oven to 350°F.  
Paint with egg and sprinkle with sesame seeds.  
Allow to rise until double. It is finished when it does not spring back after a finger-poke.  
Bake for 45 minutes.  
Allow to cool a bit before cutting.

## SEASONING IRON

**To season iron muffin pans or any iron cookware, oil it well with good vegetable oil and put it in a very slow oven—about 200°F. When it has soaked up the oil, re-oil it. Continue this process until it will no longer soak up any oil. It is then properly seasoned so that foods will not stick to it and will remain moist. Do not scour it. I rarely use soap and almost never a scouring pad. If you really crud up the pan and have to wash it or some well-meaning soul scours it for you, you should re-season it.**



Dammummy's Iron Griswold Muffin Pan

APPETIZERS



# APPETIZERS

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## ARTICHOKE DIP

Chop together in a food processor:

- 1 cup artichoke hearts
- 1 cup Hellmann's mayonnaise
- 1 cup Parmesan cheese, grated
- a drizzle of Worcestershire sauce

Put into an oven proof serving dish.

Bake in a 350°F oven until bubbling in the middle.

Serve with crackers.

Sometimes I use marinated artichoke hearts; sometimes canned artichoke bottoms. Try both and decide which you prefer.



Baah in 1983

**NaNa taught me how to make Chicken Livers wrapped in bacon and I frequently made them and other such things for Baah and his tennis buddies after their Sunday tennis matches.**

## CHICKEN LIVERS - WRAPPED IN BACON

Marinate the chicken livers for 3-4 hours or overnight in olive oil, sherry and soy sauce seasoned with garlic and dry mustard.

Cook the bacon in a 350°F oven until it is just transparent.

Wrap each liver in ½ strip of bacon.

Broil or grill until the bacon is crisp.

## SMOKED SALMON

On squares of bread serve slices of smoked Atlantic salmon — Norwegian or Scottish or Nova Scotian — with a dollop of mayonnaise as glue to hold on the essential capers and the optional onions and chopped hard-boiled egg. Add a few drops of lemon.

## CURED SALMON

Wash and dry wild salmon filleted sides or tails.

Line the bottom of a pyrex dish with dill weed.

Rub the salmon with mixture of  $\frac{1}{4}$  cup sugar,  $\frac{1}{3}$  cup salt, freshly ground pepper.

Lay the salmon on the bed of dill, covering with more dill weed.

Add another layer of salmon and dill, if you wish.

Cover with plastic wrap or waxed paper and weigh down with bricks.

Refrigerate for 18 - 24 hours. Slice thinly and serve with dilled mustard or as Smoked Salmon above.

## CRABMEAT CANAPÉS

1 can crabmeat

Small onion, chopped

$\frac{1}{2}$  pound shredded Mozzarella cheese

2 teaspoons Worcestershire Sauce

2 teaspoons lemon juice

$\frac{1}{4}$  -  $\frac{1}{2}$  cup mayonnaise, Hellmann's or home made

This is also great as a grilled open-faced sandwich.

Mix together and spread on bread squares or stuff into large mushrooms. Broil until golden brown.

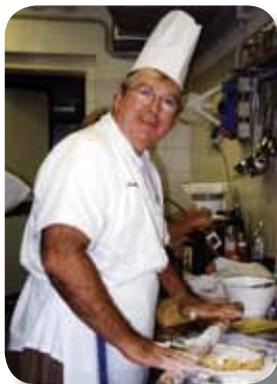
# BRUSCHETTA

## WITH PEAR, GORGONZOLA AND HONEY

Toast slices of baguette and brush with olive oil.  
On each piece place a slice of ripe pear and crumbles of gorgonzola cheese. Drizzle honey over and broil until the cheese melts.

Ripe pears are preferable, but if your pears are not ripe, poach them in some honeyed water or red wine.

**Your Dad, Holly and I discovered this bruschetta in Siena, Italy at La Taverna di San Giuseppe on Via G. Dupre, 132, a little restaurant up a small street on the side of the city hall. Dad and I were indulging in a Tuscan cooking experience and Holly was studying art and Italian for a semester in Florence. The day we discovered this recipe Holly was on a field trip to Siena and we were touring Siena. We were lucky enough to meet at this wonderful restaurant for lunch.**



Your Dad at our final exam  
at cooking school in Tuscany.  
October 1999



Gerry McGowan•Paul Matteson•Carol Brady•me  
Making bruschetta for our final exam.  
October 1999

## PUMPERNICKEL DIP

Hollow out a whole round loaf of pumpernickel bread to use as a bowl for the dip. Cut the bread innards and another loaf of bread for dipping. There are many recipes for the dip to put inside. Here are two choices:

<p>1 cup Miracle Whip Salad Dressing          1 cup sour cream          1 package chipped beef          1 teaspoon chopped parsley          1 Tablespoon Beau Monde Seasoning          3 Tablespoon minced onion          Mix together and pour into the bread bowl.</p>	<p>1 10 oz. package of frozen chopped spinach, drained          ½ cup sour cream          ½ cup Miracle Whip Salad Dressing          1 small onion, chopped          garlic, salt and pepper          Mix together and pour into the bread bowl.</p>
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## REUBEN DIP

From Bambi Schweitzer

8 oz cream cheese, softened  
 ½ cup sour cream  
 2 cups drained sauerkraut, chopped  
 ½ lb lean corned beef, chopped finely  
 2 teaspoons finely chopped onion  
 1 Tablespoon ketchup  
 2 teaspoons spicy brown mustard  
 1 cup (3 oz.)grated Swiss cheese

Preheat oven to 375°F  
 Combine all ingredients well.  
 Transfer dip to small overproof casserole, cover and bake for 30 minutes or heat in a microwave oven until bubbles form around the edges.  
 Remover cover and bake for 5 minutes more.  
 Serve warm with rye crackers.

## ROASTED RED PEPPER DIP

5 fresh red bell peppers, roasted (or 1 jar of roasted red peppers)

2 cups sour cream

1 cup mayonnaise

Blend all together and serve with pita, crackers or veggies.

For this recipe, you can either use fresh peppers and roast them yourself (a surprisingly easy and satisfying activity) or take the easy way out and buy a jar of roasted red peppers. There is minimal difference in flavor.

**This is a recipe that Holly created for A Midsummer Night's Catering -- the company she and Kristin Bergantz ran for 2 summers during their college years.**



PHOTO: ELIZA SPRECHER

Holly 1998

## TO ROAST PEPPERS

**Set the oven to broil. Wash the peppers and dry them. DO NOT CUT THEM. Place them on a baking sheet under the broiler, about 4 inches away from the heat. Keep an eye on them, as they will turn from beautiful veggies to charred lumps fairly easily. Turn them every few minutes until the skin has pulled away from the flesh of the pepper. In some cases the skin will blacken, which is fine, but be careful not to burn into the flesh. Once the skin has fully pulled away, remove the peppers from the oven and place them in a brown paper bag. Fold the top of the bag over to seal in the steam that will continue to cook the peppers. Place the bag in the sink to avoid a mess as the peppers will give off lots of liquid. Once they are cool, remove the skin and seeds with your hands. This should be very easy if they are cooked enough.**

*Holly says:*

**“After much experimentation, we figured out the best way to cut the peppers. Since doing it by hand is less than fun, we decided to employ the food processor. At first we made the fatal mistake of mixing the sour cream and mayo and peppers all together in the food processor. It was unfortunately runny. The best way is to chop the peppers in the food processor and drain them a bit. Then, in a bowl, add the mayo and sour cream with a rubber spatula. These are best served with crackers, particularly mini Bretons.”**

## APPETIZERS



# SNAILS IN GARLIC BUTTER

1 can snails with shells (7.5 oz can, 1½ dozen shells) or you can use porcelain shells

½ cup soft butter

1½ Tablespoons finely chopped parsley

1 shallot, finely chopped

2 or 3 cloves garlic, crushed

1 Tablespoon lemon juice

¾ teaspoon salt

chopped chives



Taz & Sue  
American Gothic 1971

Wash the snail shells and drain them well. Drain the snails thoroughly and set them aside. In a medium bowl mix the butter thoroughly with the remaining ingredients. Place a little of the butter mixture—a heaping ¼ teaspoonful - in each shell. Stuff a snail into each shell and cover with another chunk of the butter mixture. Arrange the filled shells carefully, open ends up, in a flat baking dish or special escargot dishes.

Cover and refrigerate. Bake uncovered in a 400°F oven for 8 to 10 minutes in or until butter is bubbly.

Serve immediately.

In 1966, the summer before Taz and Sue were married, Sue and I decided to experiment with making some escargot for our family. Neither of us had ever done this before, which will soon become clear. I was 16, Sue was 21. After reading the recipe I went looking for garlic and found one corm. The recipe called for 2 or 3 cloves. I thought that what I had found was a clove and decided that, since we had only one, that it, one corm, would have to do. We made this recipe with much more garlic than was called for and caused much intestinal distress in the ensuing hours. 8 to 10 minutes is not enough time to cook all of that garlic. It was rather potent.



A Corm of Garlic is the whole bulb  
a clove is one toe.



My brother Taz, me, Taz's wife Sue, my brother Reid, Baah and NaNa, all on the trimaran *Shangri La* anchored off the island of Anegada in the British Virgin Islands in 1972.

## BAKED BRIE

Wrap a small round or wedge of brie cheese with crescent roll dough from the dairy case at the grocery store. Follow the baking directions for the crescent roll dough. Cool slightly and serve with crackers, while using the pastry as the primary vehicle for eating the warm and runny brie.

You might put jam or stewed fresh fruit on top of the cheese before wrapping it in the pastry. Cranberry sauce works well, as do freshly stewed cherries.



Ted 1998  
Baked Brie has always been one of  
your favorite foods.

## JUST•IN•CASE

As NaNa taught me, my kitchen always holds hors d'oeuvres, just in case someone were to stop over and I don't have time to make something.

These are always in my cupboard:

Smoked oysters, clams and mussels to be served with crackers.

Greave's Peach and Pepper Jelly to pour over a  $\frac{3}{4}$  inch slice of cream cheese and serve with crackers.

Always have many crackers on hand.

When I am pretty certain that I will have to be serving impromptu hors d'oeuvres, I add these to the larder:

Cheeses: Jarlsberg, Brie, Gouda, Aged Canadian Cheddar, Saga Blue, Boursin and St. André.

Paté—there are many good pre-made ones on the market these days.

Smoked salmon.

**Greave's makes wonderful jams and jellies in Niagara-on-the-Lake. It is delightful to walk by the shop during the summer and drink in the smell of whatever jam is in the making that day — luscious strawberry, raspberry, peach, and many others. It is a treat to just stand outside and sniff.**



# SOUPS

<b>ZUCCHINI BISQUE</b> .....	<b>56</b>
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<b>CREAM OF MUSHROOM SOUP</b> .....	<b>58</b>
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Many of these soups can be served as a meal, in their own right, with salad and bread; or serve them traditionally as a starter course.

When I make soups I pack them as full as I can with good ingredients. I use potatoes rather than cream to make 'cream' soups, although many vegetables are thick enough not to need any extra thickening. If you use celery, be careful not to overcook it, as it can become bitter. Sauté the allia - onions, garlic, shallots, etc., then add shredded vegetables of choice, cover with broth and cook just until soft. Purée in the food processor and season to taste. Adjust the liquidity of your final product and always add salt at the end - you can always add it, but you can't remove it. I use lemon thyme in some of my soups to add an unexpected flavor.

### ZUCCHINI BISQUE

1 medium onion, chopped  
1½ pounds zucchini, shredded  
2½ cups chicken stock  
½ teaspoon nutmeg  
5 leaves fresh basil or 1 teaspoon dried. Fresh is best.  
1 teaspoon salt  
and freshly ground pepper.

In just enough butter or olive oil to cover the bottom of the pan, sauté onion, salted, until limp but not brown.

Add zucchini and chicken stock, enough just to cover the zucchini.

Simmer for 15 minutes.

Purée with nutmeg, basil, salt and pepper.

This can be served hot or cold.

When you serve this cold, garnish with a dollop of sour cream.

Make this in July, August and September when the Zucchini is fresh. Choose firm, medium sized zucchini. Don't use the older ones. They are pithy and have very little flavor.

Make extra and freeze it for a taste of summer next winter.

## FRESH PEA SOUP

Serves 4

2 cups fresh or frozen peas

1 medium head of buttercrunch, Boston or Bibb lettuce, chopped

8 scallions, chopped

4 cups chicken broth or water, adding more liquid for a thinner soup

6 leaves of mint, finely chopped

Sauté peas, lettuce and scallions in butter or olive oil.

Add broth and cook until the peas are tender.

Purée with fresh mint.

Salt and pepper to taste.

Garnish with a dollop of sour cream.

Serve hot or cold.

This is a great soup for early summer when peas are in season.

## CREAM OF MUSHROOM SOUP

Simmer 1 pound of fresh, chopped, lightly salted white button mushrooms in a little water or chicken broth, just enough that the mushrooms won't burn. They will quickly give off their own liquid.

Purée and add a white sauce made of 1 Tablespoon of butter, 1 Tablespoon of all-purpose flour, 1 cup of milk and salt and pepper. Thin it with more milk as you wish.



Pauline 1980

**This recipe is one that your Dad's Aunt Pauline made for us on many nights. When we took riding lessons at Fox Run, I picked you up at Park School and drove you to East Aurora for your lessons. Sometimes I rode with you, sometimes I rode during the day while you were toiling in school. Pauline usually had dinner waiting upon our arrival from the barn and Dad's from his office.**

## FUNGUS AND ALLIUM SOUP

Sauté in olive oil: multiple varieties of members of the onion family until transparent, but not brown.

Add multiple varieties of chopped mushrooms.

Continue to sauté until the mushrooms are cooked.

Put aside some mushrooms for garnish.

Add a white sauce made of 1 Tablespoon of butter, 1 Tablespoon of all-purpose flour, 1 cup of milk and salt and pepper.

Purée and thin with milk.

Salt and pepper to taste.

Garnish with the reserved mushrooms.

Add 1 Tablespoon of good dry sherry to each bowl just before serving.

### Allia:

garlic, yellow onions, Bermuda onions,  
sweet onions, scallions, shallots.

### Fungi:

Oyster, Shitake, Morel, white button,  
Portabello, Baby Bella, Cremini.

Experiment! There are many members of the onion family and members of the mushroom family available and new ones will be coming.

## QUICK AND EASY TOMATO SOUP

1 medium onion  
1 medium carrot  
1 clove of garlic  
1 quart of canned tomatoes, undrained  
3 cups chicken or vegetable stock  
1 sprig thyme, about 25 leaves  
½ bay leaf  
salt and freshly ground pepper  
fresh basil

Chop and salt the onion, carrot and garlic.

Sauté in enough olive oil to almost cover the bottom of the soup pot.

Add tomatoes, stock, thyme and bay.

Simmer for 20 minutes.

Remove the bay leaf.

Add salt and pepper,

Ladle into bowls and drizzle the top of each bowl with about 1 Tablespoon of good, dark green murky olive oil.

Garnish with basil.

## STOCK

To make a rich, flavorful chicken or beef broth:

Preheat your oven to 350°.

Roast the following for about an hour in an oven-proof soup pot:

a soup chicken, meaty beef bones or ox tails

whole onions with the skins left on, garlic, shallots, celery

stems of fresh or dried herbs

such as lovage, thyme, lemon thyme, bay leaves

a few peppercorns

After removing the pot from the oven, cover the contents with water and simmer for about 24 hours (sometimes I do this overnight).

Strain through a colander, reserving the liquid.

Chill it and remove the fat.

You might want to return it to the stove to concentrate it.

Sometimes I concentrate it and freeze it in ice cube trays.

When you are ready to use it, add water to taste.

## ROASTED TOMATO SOUP



Cut 12 vine-ripened tomatoes in half horizontally and squish the seeds out with your thumb. Strain the seeds and reserve the juice.

Dip the cut sides of the tomato halves in olive oil and put them on an oiled cookie sheet or pyrex dish, cut sides up. Sprinkle with chopped garlic, coarse salt, freshly ground pepper and thyme (lemon thyme, if you have it).

Roast for 2½ hours at 300°F.

Purée the roasted tomatoes with fresh basil.

In a soup pot sauté in olive oil and salt:

Chop and salt:

1 medium onion and 2 cloves garlic.

Sauté them in a soup pot

Add 2 cups of stock, the puréed tomatoes and basil, and the reserved tomato juice.

Add a 15 ounce can of beans, which you have drained, rinsed, soaked and rinsed well.

I have used Northern beans and butter beans.

I think that any white bean would be good.

Just heat enough to serve.

Do not cook the basil or it will lose its flavor.

Drizzle with a good dark green, cold pressed olive oil (unfiltered, if possible).

Sprinkle a crumbled strip of cooked bacon on the top of each bowl.

## CURRIED CARROT SOUP

1 medium onion, chopped  
2 cloves of garlic, chopped  
1 pound of carrots, grated  
2 medium potatoes, grated

2½ cups of chicken stock  
1 teaspoon curry  
¼ teaspoon cumin  
¼ teaspoon cardamom  
¼ teaspoon cinnamon

In a soup pot sauté onion and garlic in 1 Tablespoon of olive oil.  
Add carrots and potatoes and enough chicken stock to cover.  
Bring to a boil, reduce heat and simmer for about 20 minutes.  
Purée with curry, cumin, cardamom and cinnamon.  
Thin with buttermilk as you wish.

You can adapt this soup to any winter squash, sweet potatoes and yams.

## ALLIUM SOUP

Slice different varieties of onions, shallots, leeks, wild leeks and garlic, whatever is available to you.

Salt them with sea salt and sauté them slowly in a soup pot until limp and translucent, but not brown.

Cover with good beef stock and add a bay leaf, sprig of thyme, either tied together in a bundle or tied up in cheesecloth. Leave a string hanging out for easy retrieval later. Simmer for 20 minutes to meld the flavors.

Salt and pepper to taste.

Lightly toast one slice of bread for each bowl. Rub each slice with the cut side of a clove of garlic.

Fill oven-proof bowls with the soup. Put toast on top of each bowl and cover generously with grated Parmesan cheese.

Broil only long enough to melt the cheese.

## OXTAIL•BARLEY SOUP

Roast for 1 hour: 1+ pound of oxtails with 1 whole onion, 2 cloves of garlic and celery leaves or lovage.

Cover with water and boil until the meat falls easily from the bones.

Remove meat from bones.

Discard vegetables, bones and fat.

Reduce and skim broth.

Chop and sauté 1 medium onion, 1 clove of garlic, 2 stalks of celery and 2 medium carrots.

Add broth and oxtail meat.

Add a handful of barley that has been cooked in salted water.

Salt and pepper to taste.

## BEET SOUP

Peel 4 tennis ball sized beets and dice into 1" pieces.

Cover with water in a saucepan and cook until a fork pierces them easily.

Purée, add ½ cup buttermilk. Thin with water and salt to taste.

Serve cold or hot.

## MANY BEAN SOUP

Wash 1½ cups of mixed beans, northern, lima, kidney, etc.  
Soak them for an hour, rinse, soak again and rinse again.

Add a ham shank or the bone left from a ham,  
3 quarts of water and herbs (thyme, parsley and rosemary).

Cook 1½ to 2 hours.

Add 1 quart of canned tomatoes.

In another pan sauté 2 cups of chopped celery, 1 cup chopped onion and  
2 cloves of chopped garlic. Add to soup.

Cook for an additional ½ hour. Add ½ cup red wine.  
Salt and pepper to taste.

Serve hot as a main course with good bread.

# BUTTERNUT SQUASH & PEAR SOUP WITH CARDAMOM

**This recipe originally came from Adam Smith, one of Holly and Ted's friends from Bates College. Holly uses it when catering.**

Sauté one medium chopped onion together with 2 cloves chopped garlic in butter and olive oil.

Add 2 pounds cooked or shredded butternut squash  
and 1 teaspoon ground cardamom.

Cover with chicken stock, about 2 cups.

Cook until done, and purée with a fresh ripe pear.

Season with salt, pepper and more cardamom to taste.

Serve hot or cold as the season suggests.



Holly with NaNa and Baah and me in December 1978

## SALADS, SAUCES AND DRESSINGS



# **SALADS, SAUCES & DRESSINGS**

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### MEASURING AND CHOOSING SALAD GREENS

I measure salad greens by the handful. I throw handful of small greens or torn, never cut, greens into the bowl – 1 large handful per person and one extra for the bowl. It is quite the same as measuring tea into a teapot. Try to eyeball the quantities based on whatever else you are serving. Remember that dressed salad greens are more compact than naked greens.

When buying a head of lettuce choose one that is unbruised, heavy and dense – always heft your heads of lettuce.

I keep a small iron frying pan on the stove at the ready for toasting pine nuts in a bit of olive oil. They are a very important additon to our salads.

### TO DRY SALAD GREENS

A great way to dry large quantities of salad greens is to put the washed greens into a net bag or a pillowcase. Tie the open end closed. Put the bag or bags into the clothes washing machine, NOT THE DRYER, and set it to spin. You want to make sure that it only spins and doesn't give your salad a hot rinse. Play with the dial until you find the right spot.



Dammummy and DanDan at Merritt Island with the bridge to their orchid island with a fish pond and waterfall. This bridge was a gift to DanDan from his siblings as a thank you for his handling of their father's estate.

## MAYONNAISE AND SHRIMP SAUCE

**At Dammummy and DanDan's house at the Empress Grove on Merritt Island in Florida we ate lots of shrimp. We bought it from the shrimp boat under the Eau Galle Bridge at the south end of the island.**

**Dammummy taught us to throw the green shrimp into a large pot of boiling water with a splash of vinegar, to cook them until they turn red, and to cool them immediately.**

Baah made a sauce of Hellmann's mayonnaise, Worcestershire sauce and lemon or lime juice, all to taste.

Dammummy made her own mayonnaise by beating 2 egg yolks with an electric beater and slowly adding Mazola corn oil. She then added vinegar, mustard, Worcestershire sauce, lemon juice, and salt & pepper.

Try this with other oils such as olive oil or walnut oil.

# BLUE CHEESE DRESSING

Mix in blender:

½ cup corn or canola oil  
2 Tablespoons white wine vinegar  
1 teaspoon Worcestershire sauce  
1 teaspoon onion powder  
1 teaspoon salt  
2 teaspoons sugar  
ground black pepper  
lemon juice  
seasoning salt - a few shakes  
add blue cheese to taste  
add wine vinegar to thin dressing.



Kate (then Fronk, now Braen), Ted with me  
and Deborah with Tuppy  
at NaNa and Baah's Adirondack camp  
Ipethonga at Onchiota, NY  
August 1976

**This is great with spinach salad.**

**Tuppy created this dressing during the summer of 1969, after she had attended Cordon Bleu Culinary School in London.**

### SPINACH SALAD

Spinach leaves, cleaned and de-stemmed.  
Bacon, cooked and crumbled — 1 strip per person.  
Hard boiled eggs, chopped — ½ egg per person.  
White button mushrooms, sliced.

Serve this with Blue Cheese Dressing.



Tuppy with me at her wedding in October 1972  
at her home, Scremby Manor  
in Lincolnshire, England



Tuppy's daughters Anna, Pippa and Deborah Drake  
with Holly and Emily in the Cave of the Winds,  
behind Niagara Falls on the Canadian side of the  
border.

This photo of me was taken on May 18, 1968, my 18th birthday. NaNa and Baah took me to hear Noel Harrison sing at the Persian Room at the Plaza Hotel in New York.



### BALSAMIC VINEGAR, MUSTARD & OLIVE OIL DRESSING

Fill half a bottle with balsamic vinegars.

Add 1 clove crushed garlic, 1 teaspoon Dijon or honey mustard, a couple of shakes of Worcestershire sauce, salt and pepper.

Fill the remainder up with good murky olive oil.

My favorite salad to go with this dressing is a combination of mesclun greens and buttermilk crunch, Boston or romaine lettuce, toasted pine nuts, sundried tomatoes, roasted red peppers, marinated artichoke hearts, avocado and crumbled feta cheese.

### OVERNIGHT SALAD

NaNa gave me this recipe for Ted's Christening weekend

Layer:

1 pound raw spinach

Salt, pepper and 1 teaspoon sugar

½ pound crumbled crisp bacon

6 chopped hard boiled eggs

1 head iceberg lettuce (you might well substitute romaine,  
but you need a crisp lettuce that will not wilt)

Salt, pepper and 1 teaspoon sugar

1 box frozen peas

1 medium Spanish or Bermuda onion, sliced

Mix 2 cups of mayonnaise and 1 cup of sour cream and spread on top

Add to top: ½ pound of swiss cheese, cut in strips

Leave in refrigerator overnight. This salad is better the next day.

This is a wonderful summer party salad and is beautiful layered in a large clear bowl.

Ted with NaNa at Ted's Christening  
1 August 1976  
Holloway Memorial Chapel  
Point Abino, Ontario





1968  
Abino Hills  
Canada

Walter F. Stafford III • Walter F. Stafford • Walter F. Stafford Jr.  
Sue Perrott Stafford • Mildred Knapp Stafford • Constance Wilmsen Stafford

### HOLLANDAISE SAUCE

**Baah made the hollandaise which was always drizzled over asparagus at 24 Tudor Place and at Abino Hills. Sometimes Rose, our cook, made it in the way that she had been coached by Baah.**

Separate three eggs and put the egg yolks into a blender.  
(Save the whites to make meringues. You can freeze them.)  
Heat ¼ pound (1 stick) of butter until it bubbles in the middle.  
Pour the boiling butter **SLOWLY** into the blender with the yolks.  
Add Worcestershire Sauce, lemon, salt & pepper — all to taste.  
Baah always used lots of lemon.

This is also an essential ingredient of Eggs Benedict in **BREAKFAST**.

NaNa in Wyoming in 1938 when she was 15. She spent that summer on a dude ranch.



### PESTO

This makes about 1¾ cups:

Purée in a blender or food processor:

2 cups firmly packed fresh basil leaves, rinsed

½ cup olive oil

3 cloves garlic, peeled

½ teaspoon salt

½ cup shredded parmesan cheese

¼ cup pine nuts or walnuts

Store in the refrigerator.

### BROCCOLI SLAW



Shred broccoli stems. I use the Cuisinart to do this.

Make a dressing of Hellmann's mayonnaise sprinkled liberally with Worcestershire sauce and white wine vinegar.

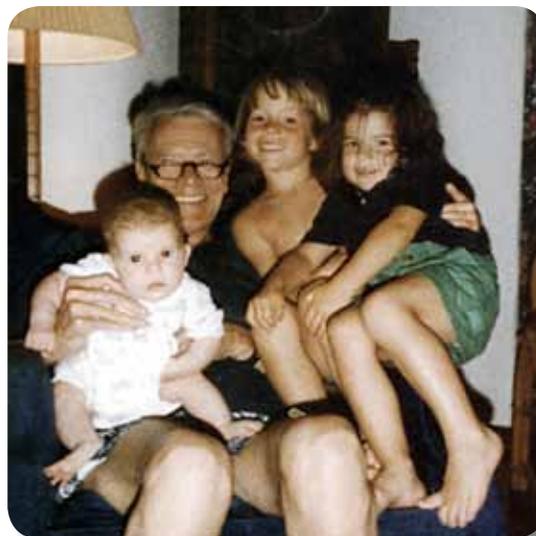
Add raisins, crumpled well-cooked bacon and pine nuts that you have toasted in a small amount of olive oil.

Salt and pepper to taste.

Add some chopped broccoli flowers.

You can do the same thing with cabbage, leaving out the raisins and bacon.

Baah with Ted, Holly and  
Emily 1982



### TOMATO DRESSING

**When DanDan was ill with heart disease Baah put him on a low-saturated-fat diet. His salad dressing is great with sliced tomatoes and also with avocados.**

Mix the following together in a blender using the soup can as your measure:

1 can Campbell's tomato soup  
1 can apple cider vinegar  
1 can Mazola corn oil  
Worcestershire sauce  
salt and pepper

I suggest that you make this with a light flavored olive oil, rather than corn oil.

# VEGGIES, GRAINS AND PASTA



# VEGGIES, GRAINS & PASTA

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## WILD LEEK SOUFFLÉ

Serves 4

Harvest 12-14 wild leeks, also known as ramps.

Use white parts only, thinly sliced.

3 Tablespoons butter

1 Tablespoon all-purpose flour

$\frac{3}{4}$  cup beef consommé

salt and freshly ground black pepper

4 eggs, separated

Melt butter and add leeks.

Simmer until golden, but not brown.

Stir in flour and cook for a minute or two.

Pour in consommé and stir until thick.

Add salt and pepper.

Cool the sauce.

Gradually stir in slightly beaten egg yolks.

Fold in at least 4 egg whites, beaten until stiff, but not dry.

(add an extra egg white or two, if you have them)

Pour the soufflé into an ungreased soufflé dish.

Bake in preheated 400° oven for 25-35 minutes.

SERVE AT ONCE.

When cutting leeks, onions, garlic, shallots or other allium use a stainless steel knife. Carbon steel will react with the juices and stain the knife, color the allium grey and effect its flavor.



Wild Leeks, also known as ramps, growing in our woods in Elma.

**Make this soufflé in the late spring when wild leeks, or ramps, will be the first leaves peeking up through the blanket of dead leaves on the forest floor. They look like Lily-of-the-Valley leaves, but have a distinctly oniony smell. They are red at the dirt line and the edible part is a white bulb. They are extremely strong when raw.**

**Do not dig them when you first see them, as they are still too small. Wait until they have been up for two or three weeks.**

**Wild leeks are prolific in Elma and at Abino.**

## TABOULI

THIS IS A GREAT RECIPE TO USE DURING THE HEAT OF THE SUMMER.

Serves 6-8

Combine 1 cup dry bulgar wheat,  
1½ cups boiling water and 1 teaspoon salt in a medium bowl.  
Cover and let stand until the bulgar is tender—for 20 to 30 minutes.

Add ¼ cup fresh lemon juice,  
¼ cup olive oil,  
2 medium cloves minced garlic,  
freshly ground black pepper,  
4 freshly minced scallions, green part only,  
1 packed cup of chopped parsley,  
10 to 15 fresh mint leaves, minced.

Allow the flavors to meld for at least 30 minutes.

Before serving add 1 medium diced tomato, chick peas, feta cheese,  
raisins and a splort of extra balsamic vinegar.

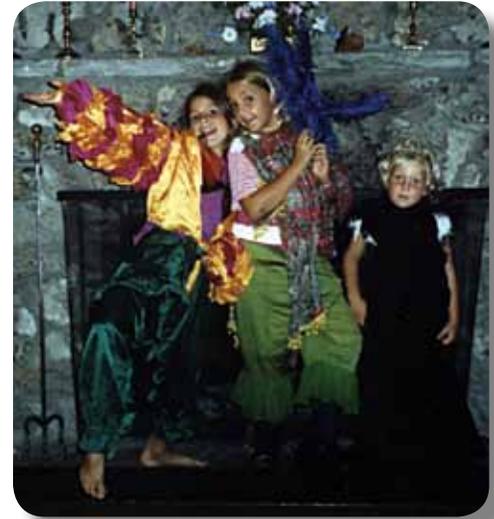
## ROASTED POTATOES

**This dish has always been called “Susan Blair Potatoes” in our house. Susan, our neighbor at Abino Hills, was kind enough to introduce us to this recipe.**

Roll small red or white potatoes or quartered larger ones in olive oil. Sprinkle liberally with chopped garlic and rosemary. Roast in a 400°F oven for about 45 minutes — until a fork meets little resistance.



Susan & Duncan Blair  
Abino Hills, Ontario  
July 2000



Emily with Sarah and Caitlin Blair  
Summer 1991

## ROASTED VEGETABLES

We have loved this expansion of Susan’s recipe. Add peeled and cubed beets, turnips, sweet potatoes, yams, parsnips, some little onions and cherry tomatoes to Susan’s recipe.

## EGGPLANT PARMESAN

This recipe is from Grandma Constantine



Grandma Constantine  
on a summer Friday morning at  
the Port Colborne Market.

Slice a fresh eggplant in  $\frac{3}{4}$  inch slices.  
Dip the slices in butter.  
Then put them on a cookie sheet and sprinkle them with Parmesan cheese.  
Broil until bubbly, about 10 minutes.

When sautéing olive oil keeps the butter from burning.

## FRIED GREEN TOMATOES

**Before the first frost there is always an abundance of green tomatoes, destined to never to ripen. These make a wonderfully sweet dinner vegetable. They are great with Peameal Bacon.**

Dip slices of green tomatoes in egg and then breadcrumbs seasoned with salt, pepper and basil. Put them into a hot, but not smoking, pan of just enough olive oil and butter to cover the bottom of the pan. Sauté quickly to brown the bread crumbs, but not so long that the tomatoes fall apart.

## EASY RISOTTO

**Terry Bechakas, the owner of The Hourglass, one of our favorite restaurants, gave me this recipe. The Hourglass is in Kenmore, New York and is very hard to get to from almost anywhere, but especially from our area south of Buffalo. No expressways come anywhere near it. Terry's food and wine are so good, and he makes us feel so comfortable that we find our way there with ease.**

Use a short grained rice like Arborio rice. Terry prefers Carneroli rice which is not very easy to find.

Put about  $\frac{3}{4}$  cup rice, into a pot with  $\frac{1}{2}$  cup white wine.

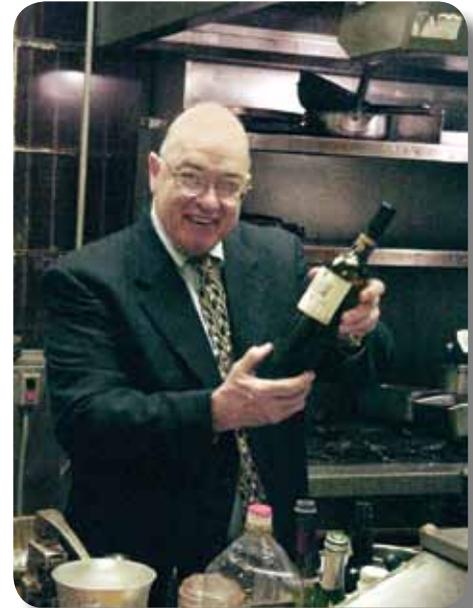
Simmer until the wine is absorbed.

Cool for about 1 hour.

When you are ready to finish it off return the rice to the stove and add  $1\frac{1}{4}$  cups chicken broth to the pot.

Simmer until the rice is al dente and most of the liquid has been absorbed, about 6-7 minutes.

Stir in some parmesan cheese before serving.



Terry at work in his kitchen.

## PASTA WITH PANCETTA AND GORGANZOLA

This is my adaptation of Sandy McCormick's recipe

Serves 6

2 cloves of garlic, chopped  
¼ pound of butter  
1½ cups half and half  
4 inch wedge of gorgonzola cheese  
¾ pound non-spicy pancetta  
6 medium beets, cooked  
fresh chives  
toasted pine nuts  
a handful of dry penne pasta per person - cooked in water

Sauté garlic in some butter, then sauté pancetta, until almost crispy and crumple it into little pieces.

Heat half and half with the butter.

Add cooked beets and the chopped fresh chives.

Sprinkle with toasted pine nuts.

Add pancetta and crumbled gorgonzola.

Spoon over cooked penne pasta.

## VEGGIES, GRAINS AND PASTA



Your Dad took this photo of me with Ted, Sandy, Emily, Holly & David when we surprised David on his 50<sup>th</sup> birthday.

Holly, Ted & Emily at the wedding of David McCormick and Sandra Norris Lape. I smocked and made these dresses for Holly and Emily to wear in Sandy and David's wedding. If I do say so myself, they worked out quite well.



David & your Dad both 50.

## VEGGIES, GRAINS AND PASTA



Holly, CSC, Emily and your Dad in front of Brolio Castle where we had stayed with David and Sandy McCormick for your Dad's and David's 50<sup>th</sup> birthdays in October 1992. We had also visited Brolio in 1977 with Paola Galletti and Steve and Cecile Biltkoff.



CSC with Hugh and Tuppy on the terrace of our Tuscan villa.



Your Dad hunting for sausage in San Gimignano.



The view from our villa in Marciella.

## PUMPKIN & SAUSAGE RAVOLI STUFFING OR LASAGNA GOO

Mix together:

3 links sweet Italian sausage, stripped of its skin and sautéed

3½ pounds of cooked butternut squash, puréed

80 grams crushed Amaretto cookies (½ package)

3 eggs

a handful of Parmesan cheese

Layer with cooked lasagna noodles in a pyrex baking pan  
or make into ravioli

Bake in a 350°F oven until warmed through.

30 – 40 minutes

### Thanksgiving 1999.

Your Dad, Emily and I spent 10 days in Tuscany with Holly while she was studying in Florence for the fall semester of her junior year at Bates College. Tuppy and Hugh Drake joined us for Thanksgiving weekend. Ted, whom we missed on this trip, was mushing sled dogs in Wyoming. We did not find any fresh turkeys, nor did we look for any, and decided on a pasta that your Dad and I had learned to make in October of 1999 while at cooking school in Siena. We had made this as ravioli, but, as we did not have the tools for that, we made it as lasagna.



Ted in Wyoming with one of his sled dogs at Jackson Hole Iditarod.

## TOMATO SAUCE FOR PASTA

Chop 1 medium onion and 2 garlic cloves.

Add salt and sauté in olive oil until limp and translucent.

Add a quart of canned tomatoes and simmer for about ½ hour to reduce.

Before serving add some fresh or frozen basil leaves.

Basil is best fresh or frozen; it does not dry well.

## ALFREDO SAUCE FOR PASTA

Make a cream sauce using these proportions:

1 Tablespoon butter, 1 Tablespoon flour and 1 cup of milk.

Thin with extra milk.

Add salt and pepper and a bit of basil or oregano.

To make Pasta Primavera:

Add sautéed mushrooms and onions, blanched snowpeas, and white wine. Salt and pepper to taste.

## MUSSEL SAUCE FOR PASTA

Use the tomato sauce above as a base. While the sauce is reducing add a dozen fresh, clean mussels. Cover. The mussels will steam and their flavor will meld with the tomatoes, onions and garlic.

## MASHED POTATOES

Boil potatoes until done, but not falling apart. Cool and peel. Mash with an old fashioned hand masher, *not* a cuisinart. The cuisinart will make them into a paste. Add butter, salt and pepper. If you would like to try something a little different add cream cheese and chives. We used to have them that way sometimes when I was growing up. Rosetta made them for special dinners.

When using potatoes with tender skins you needn't peel them. You get more vitamins and it takes less work.



A proper potato masher

## ARTICHOKES

Always choose dense heavy artichokes.

Cut off the stem, the top of the thorny leaves with a knife, and each remaining leaf tip with a pair of scissors to remove the thorns.

Put them into a pan with about 1 inch of water, cover and cook over low heat for about 45 minutes.

Check to see that you haven't boiled the water away. If you do, you have had the flame too high. I have fried the artichokes by mistake more than a few times. It doesn't seem to harm the artichokes, but it is not very good for the pan.

They are done when a fork put into the stem end meets no resistance.

Eat the meat off the bottom of each leaf. Remove the fuzzy choke with the edge of your knife. The choke should pull away from the heart without cutting into it. Discard the choke and eat the heart.

We sometimes used Hidden Valley Buttermilk Ranch Dressing for dipping.

When I was growing up we used melted butter with a bit of lemon and salt and pepper, or hollandaise sauce. I have also found that a vinaigrette of balsamic vinegar, olive oil and salt & pepper makes a great dipping sauce. For fewer calories, go easy on the oil.

## ASPARAGUS

Asparagus is best when in season, especially when freshly cut from the garden. It is done cooking when a fork will enter the stem with a bit of resistance.

Steam or boil for about 10 minutes.

Serve with Hidden Valley Buttermilk Ranch Dressing or butter; or marinate it in oil and vinegar, salt and pepper or a bottled Italian salad dressing.

You can grill or broil asparagus after coating it with a bit of olive oil. When done sprinkle it with coarse salt.

## CANDIED CARROTS

Cook 1 pound of sliced carrots in  $\frac{1}{4}$  cup of water,  $\frac{1}{4}$  cup of brown sugar and 2 Tablespoons of butter, uncovered. By the time the water has evaporated the carrots will have cooked and the brown sugar and butter will have coated them.

## VEGGIES, GRAINS AND PASTA



*Helen Woodward  
1892 and 1934*

My Maternal Grandmother Helen  
Woodward Rivas  
"Mummy Helen"



Mummy Helen as a very little girl



Mummy Helen and NaNa, her only child, in 1934.

MRS. HELEN W. RIVAS

15 EAST 69th STREET

NEW YORK 21, N. Y.

French PeasColony Club

1 qt fresh peas  
 heart of lettuce  
 parsley, chervil

12 small onions

4 oz butter - salt

$\frac{2}{3}$  oz sugar - mix all to - simmer

Put 3 Tblsps of water, cover, cook  
 gently - add butter before serving

## BRUSSELS SPROUTS

Marinate fresh Brussels Sprouts in beef broth with a pinch of sugar for about an hour. Boil them gently until just forkable. Do not overcook!

**We were all used to being served grey, bitter, overdone Brussels Sprouts. Sue Stafford taught us how to make them so that we now love them.**



OR:

Slice the sprouts or separate the leaves. Cook a couple of pieces of bacon and sauté the sprouts in the bacon grease with some pine nuts and a little maple syrup until the leaves are beginning to become limp. Crumple the bacon and stir it in.

Sue in 1963 in Canada. She is wearing her “Grandma’s Lounge” sweatshirt. Taz, Eric Schabacker and some of their buddies were in a rock band which practiced at Eric’s grandmother’s basement across the street on Tudor Place. It was known as “Grandma’s Lounge”.

## BAKED BEETS

Wrap large beets in foil and bake at 400°F until a fork will pierce them easily. The skin will slide right off. This method concentrates the flavors.



**Ann and Dean introduced us to this method of cooking beets. Dean pulled a huge beet out of the garden and sent us home to cook it using this method. Pauline looked at the beet and announced that it would be tough and bitter. Using this method it was tender and sweet. Pauline was amazed and we were delighted. We didn't realize that we actually liked beets.**



Ann and Dean Jewett at our wedding  
29 December 1973.

## PASTA WITH LEMON AND ORANGE CREAM SAUCE

Make pasta, such as fettucini, from scratch, or buy good fresh pasta.

To make the sauce, sauté the chopped rind of a lemon and an orange in a blob of butter.

As soon as it starts to sizzle, add a splash of brandy.

Cook it down, add cream and heat through.

Put the cooked pasta into the sauce and add lemon juice, orange juice, parmesan cheese, salt and pepper.

Use cream, not milk. The citrus will curdle milk, but not cream.



The market in Siena, Italy  
October 1999.



Holly and Dad in Siena at our final exam at cooking school  
October 1999.

We were delighted to have Holly join us for this event.

**This is an adaptation of a recipe from our journey through cooking school in Tuscany in the fall of 1999. The recipe from our Italian chef used only lemon, but La Taverna di San Giuseppe in Siena served this with both lemon and orange. When our schooling was over we visited Holly in Florence where she lived during the fall semester of her junior year at Bates College. One night we cooked a dinner for Holly's friends in Florence. We skipped the brandy, only because we didn't have any, so we added the juice of the lemon and the orange instead.**



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## ENTRÉES



Ted bringing home dinner from Square Pond, to NaNa & Baah's camp in Onchiota, New York in the Adirondacks in 1983.



DanDan bringing home dinner in northern Canada in the 1920's.

## FISH

Our favorite ways of cooking fish are very easy.

### Pan Sear:

Wash and dry the fish thoroughly. Heat the pan with a small amount of olive oil or butter before searing the fish on both sides. If you use a teflon pan you can sear the fish at high heat with no butter or oil. If it is so thick that it is not to be done at this point, put it in a 375°F oven until the flesh flakes when stuck with a fork.

### Grill:

Wash and dry a whole fish, oil it well inside and out, stuff it with herbs, grill it until done. You can put this directly in the grill or use a fish-shaped grill frame or wrap it in foil. The foil method boils it in its own juices.

### Broil:

Most fish can be cooked under a broiler or in an oven at 450°F.

The rule of thumb is to cook fish for 10 minutes per inch of thickness.

Salmon is one of the easiest fish to cook. It is a fatty fish that is very forgiving to overcooking and is wonderful when barely cooked. Salmon can also be poached and served with Grandma Constantine's sauce of sliced cucumber, mayonnaise, vinegar and dill.



Ted with his first fish, a bass that he caught in front of Grandma & Grandpa's house at Bertie Bay. It was a wonderful dinner, even though this fisherman would not eat any of it.

## PEAMEAL BACON



Many people on the Canadian lakeshore, within commuting distance of Buffalo, cook peameal bacon this way, so that it remains pink and tender. There are those, on the other hand, who insist on cooking it to until it is stringy. Don't do that.

Peameal bacon, I believe, is a pork loin that has been brined like a ham and rolled in corn meal. The name would suggest that it used to be rolled in pea meal, although it has been suggested to me that 'pea' refers to the size of the meal.

Place a piece of peameal bacon in a baking pan leaving a bit of room on all sides of the meat. Cover the meat with a thick paste of yellow mustard and brown sugar. Pour in about 1 inch of liquid to impart a bit of flavor while keeping the meat moist. I think that ginger ale is the best choice, but upon discovering a dirth of ginger ale in the house, I have been know to use cider, beer, orange juice, wine, perrier, coke or plain water. Bake at 325°F for 1½ hours.

I like to serve it with a bit of honey mustard and Hellmann's mayonnaise.

# DAMMUMMY'S RECIPE FOR PEAMEAL BACON

## FOUND IN NANA'S COOKBOOK

Simmer on top of stove for one hour-  
 Put cloves in + brown sugar on  
 Bake at 350°F for 20 minutes or until hot before serving

Instead of cloves (whole) + brown sugar use:

½ tsp Kean's Mustard

½ tsp ground cloves

Vinegar- Red wine and tarragon

Pour over packed on brown sugar + bake

Or-

fruit syrup (peach, pear)

Port wine

Hot mustard + ground cloves

brown sugar

I give you this as Dammummy wrote it. Most of her recipes were written in a bit of a cryptic way. They do take some imaginative deciphering.

## GRANDMA'S SAUCE FOR PEAMEAL BACON

Serve this in a side dish at the table

Jelly - apple, crabapple or currant

Fruits - the kind used for fruit cake

Sherry

As I remember it, Grandma Constantine melted all of the above together and served the sauce warm.

This is as Grandma Constantine wrote it.

## CHILI IN THE FIREPLACE OR ON THE STOVE, IF YOU MUST.

Cover the bottom of a cooking pot with a bit of olive oil.

Chop 1 medium onion and 2 cloves of garlic.

Cook in oil until limp but not brown.

Add 1 pound of sweet Italian sausage meat and 1 pound of ground beef.

Add ground ¼ teaspoon black pepper, ½ teaspoon ground cumin seed, and 1 teaspoon each of chili powder, dried basil leaves, dried oregano, chopped dill weed and parsley.

Add 1 small can tomato paste, 1 quart drained canned tomatoes, 1 tablespoon lemon juice, 1 tablespoon Dijon mustard, ½ cup Burgundy wine (or other red wine, whatever you have. I have been known to use beer.)

Add 1 drained can of each dark red and light red kidney beans, and garbanzo beans. Add about 1 cup of corn.

Simmer.

Season with salt and more chili powder, as you wish.

Serve with shredded cheddar cheese, sour cream and hot sauce.



Here I am dishing out some chili in Ellicottville.

**When we made this in the fireplace at the ski chalet in Ellicottville we would leave it hanging above a slow fire to meld its flavors while we were out skiing. It was hot and ready for us upon our return. It often served many extra people at lunch or dinner. It lasts for days, and is actually even better after a day or two of flavor-melding.**

## BUTTERFLIED LAMB

**Butterflied lamb has been a part of my life since the night I met your father, March 10<sup>th</sup> 1973. After taking me to dinner at the Saturn Club and then to a performance by Penn's drama club, 'Mask and Wig' at the ballroom of the Statler Hotel in Buffalo, we dropped by to see his mother, your Grandma. She was marinating the lamb for Sunday dinner the next evening. Fortunately for me, I was invited for that dinner and the rest is history.**

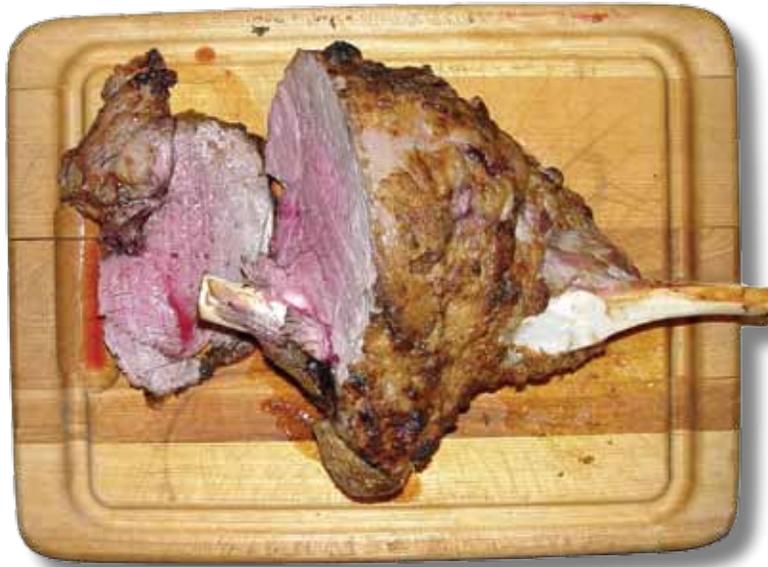


Grandma with your Dad while he was dressing after our wedding.

A boned leg of lamb laid flat like a steak  
 1—8 oz. jar of Dijon mustard  
 ½ cup olive oil  
 1 clove of garlic  
 1 teaspoon crushed rosemary  
 1 teaspoon thyme  
 1 teaspoon crushed bay leaves

Slash lamb and spread marinade.  
 Marinate for several hours or overnight.  
 Grill until medium rare.

## ENTRÉES



Tim and Ruth McCarthy joined us to celebrate Ted's 5th birthday. Ted surveyed their closet and chose Ruth's dress for the evening.



Tucker and Jordan McCarthy and Emily holding Campbell Smith, another neighbor.

## CRUSTED LEG OF LAMB

Make a paste of:

½ cup butter,  
1 teaspoon sugar,  
1 teaspoon worcestershire sauce,  
¼ cup flour,  
¼ cup wine vinegar,  
1 Tablespoon salt,  
⅛ teaspoon pepper,  
2 cloves minced garlic.

Cover the top of the lamb with the paste.

Roast in a 500°F oven for 15 minutes.

Reduce to 450°F for 15 minutes.

Reduce to 300°F for 10–15 minutes per pound.

Roast until the internal temperature is 135°F-140°F.

Try sticking slivers of garlic into the meat and adding crushed rosemary to the crust.

Don't roast it too long, lamb is best rare — take it out when the internal temperature is 135°F.

This recipe was given to us  
by Ruth McCarthy,  
here with Ted.



## MEAT LOAF

FROM AN OLD QUAKER OATS PACKAGE

Serves 8

Mix together and form into a loaf shape:

1½ lb ground beef,  
1 cup tomato juice,  
¾ cup oats, uncooked,  
1 egg beaten,  
¼ cup chopped onion,  
1 tsp. salt,  
¼ tsp. pepper.

Bake at 350°F for 1 hour in an ungreased bread pan.

## COOKING A HAM

If the ham is cut, always put the cut side down. Put the ham into a roasting pan with liquid of your choice — water, cider, beer or what-have-you to keep it moist. Roast it for 1 hour in a 325°F oven.

## BEEF STEW

3 lbs stewing beef  
3 Tablespoons tapioca  
1 tsp salt  
½ teaspoon rosemary  
½ teaspoon thyme  
¾ cup soft bread crumbs  
4 pieces celery cut in 2" pieces  
6 large onions, quartered  
1 quart jar tomatoes  
½ cup red wine

Bake in a covered roasting pan at 275°F for 4–5 hours.

Boil potatoes and carrots on top of the stove and serve it all together.

The key to this recipe is the tapioca. For some reason the meat does not need to be browned.



Grandpa and Grandma with their family in June 1979  
celebrating their 40th wedding anniversary.

## BEEF STROGANOFF

6 generous servings

2 pounds lean boneless sirloin  
2 cups sour cream  
¼ pound butter  
1½ teaspoon salt  
6 medium onions, thinly sliced  
½ teaspoon freshly ground pepper  
2 pounds mushrooms, thinly sliced  
½ cup Marsala wine  
2 tablespoons tomato paste  
3 cups cooked wild rice

Slice steak at angle into ¼ inch strips (partially freeze steak for easier slicing). Melt half the butter in extra-large skillet; sauté beef until brown, Remove beef. Melt half of the remaining butter in skillet; sauté onions for 10 minutes over medium heat; remove onions; melt the remaining butter in the skillet; sauté mushrooms for 5 minutes over medium heat. Return beef and onions to skillet.

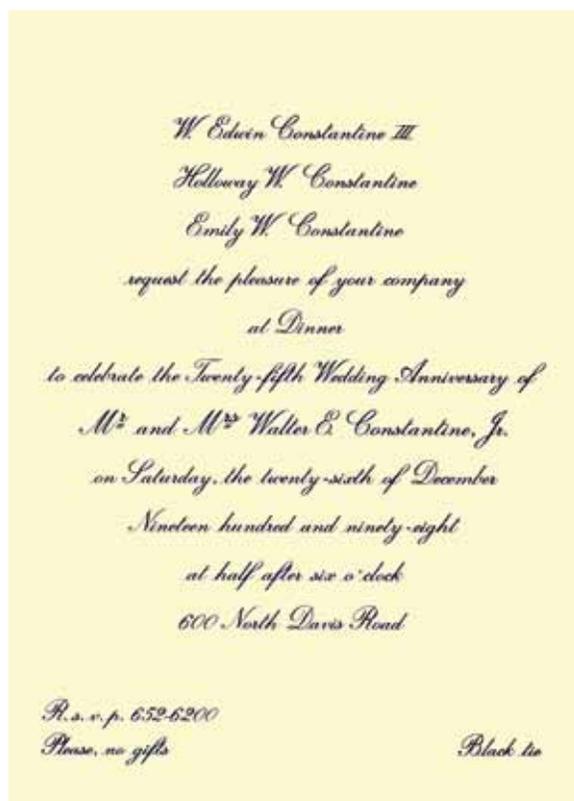
Add tomato paste, sour cream and seasonings; mix thoroughly. Cover; cook over low heat 30 minutes or until beef is tender. Add wine; simmer 5 minutes longer.

Serve over bed of wild rice.

NaNa's notes: "I had a problem with tomato paste. 2 tablespoons is not very much out of a can! I grew lovely mold cultures last summer- This year I'm going to measure 2 tablespoon batches into baggies and freeze it."



We made NaNa's Beef Stroganoff for the 25<sup>th</sup> anniversary party that you gave Dad and me on 26 December 1998 at our home in Elma, New York. The actual anniversary date was December 29<sup>th</sup>. It was a wonderful party, which we greatly appreciated. We were sorry that Ted was driving snow cats on the ski mountain at Jackson Hole, but appreciated having Holly and Emily with us.



The invitation to our 25th anniversary party.



View from our library balcony.



Holly and Robert cooking.



Holly, Dad, CSC, Emily in front of the tree.

## WILD GAME

Smokey loved to hunt. He got very excited whenever your father took out his shot gun. Smokey never minded sitting in frosty water and breaking a layer of ice to retrieve a dead duck or goose. When your Dad and Smokey went hunting together, they brought home various and sundry different birds for dinner: varieties of duck, geese and pheasant. As each bird is quite different from any other, it is difficult to recreate a recipe. There are good recipe books for wild game such as James Beard's *Fowl & Game Bird Cookery*. One Columbus Day weekend we indulged in a Dad-procured Canada goose with David McCormick at Overlook. I cooked the goose with an apple and an onion in its cavity and with bacon strips on top. We served it with homemade Cumberland Sauce and wild rice. The next morning we warmed the left-over wild rice and ate it like cereal with brown sugar and cream. It was different, but wonderfully nutty.



I also learned how to pluck and gut birds. One Christmas I gave your Dad a pillow stuffed with feathers from birds that he had brought home. My experience with tanning the hide of a pheasant was not quite as successful. I filled it with borax and salt and left it draped on the dining room table to cure. It cured well, but was unpliable. I could not figure out how to soften a hide with feathers.

Smokey (1982-1996) helped Dad bring dinner home to us.



Your Dad and Randy Marks hunting for quail in Georgia in 1989.

**Your Dad also used to hunt quail in Georgia with Dean Jewett and Randy Marks, among others. Quail are very small, but very good. One afternoon as 4 quail were defrosting your Dad looked into the sink and then said to me, “Are you sure you are defrosting enough quail for dinner?” Smokey had removed 2 of the quail from the sink without leaving a trace. Sometimes I wrap the quail in bacon and roast them, but I prefer to cut the breast meat off and saute the breasts and the legs in butter and rosemary, as suggested by Ann Jewett.**

**Randy Marks updated and published the 25th anniversary edition of *Game Cookery in America and Europe* by Raymond Camp. It is a wonderful collection of recipes and associated anecdotes together with beautiful watercolors by Thomas Aquinas Daly. It is my game cookbook of choice.**

## RICE CRISPY CHICKEN

FROM GRANDMA CONSTANTINE

Put Rice Krispies and salt and pepper (try Lawry's Seasoning Salt or other seasoning) into a plastic bag and crush with a rolling pin.

Shake damp chicken pieces in the bag.

Bake at 375°F for about 45 minutes.



One day after we had gotten seriously into the pony "business" with Ted and Holly riding and showing, Emily wandering under the ponies and Dad and me becoming quite expert at mucking stalls and picking hooves, Grandma asked your Dad to come talk with her. In a very serious voice she allowed as how she had something very important to tell him; something about her past that he hadn't been told. She proceeded to tell him about her equestrian career and handed him this photograph. I am surprised that he was ever able to stop laughing for long enough to get up off the floor. She used to ride well-bred horses on the trails of the Frederick Law Olmstead Park system in Buffalo. Her father John J. Boland was one of the founders of the Buffalo Saddle and Bridle Club.

## CHICKEN WINGS

Coat chicken wings with barbeque sauce and sprinkle amply with brown sugar.

Bake in a 325°F oven for about 1½ hours.

Serve with blue cheese blended with mayonnaise for dipping.

I made my own barbeque sauce using a recipe from the *Joy of Cooking* until I discovered that Kraft made it as well as I could, if not better. Don't raise the oven above 350°F as sugar burns at higher temperatures.

## HIGH TEMPERATURE ROASTED CHICKEN

This is wonderfully flavorful and crispy.

Buy chicken pieces with bones and skin.

Rinse the pieces and pat them dry.

Put enough butter to coat the chicken in the bottom of a roasting pan, and put the pan into the oven while it is pre-heating to 450°F. After the butter is melted, remove the pan from the oven. Roll some peeled shallots, garlic, thyme or lemon thyme and rosemary in the melted butter. Rub the chicken pieces with the herb and butter mixture and arrange it in the pan. Roast for about 50 to 60 minutes.

## NANA'S CHICKEN SALAD

Cook the chicken breast as you wish, either grill after marinating in Italian salad dressing or simply oil it and bake it in the oven.

Cut it into cubes.

Mix with mayonnaise, caper juice, vinegar, worcestershire sauce, salt & pepper. Add capers and green grapes, which you have cut in half. Serve in a lettuce cup.



## CHICKEN PANNÉ

Na brought this recipe home from a cooking course she took from James Beard at the Albright-Knox Art Gallery in 1963. The notes are hers.

Bone 4 chicken breasts and skin and trim. Pound very flat with a heavy pounder — trim.

Dip in flour, then beaten egg and finally in bread crumbs. Season with salt, pepper and seasoning salt. Place breasts between layers of wax paper + chill in refrigerator.

To cook 4 chicken breasts, melt 6 Tablespoons butter in a skillet over high heat and when it is bubbling, but not smoking, add chicken breasts. Brown quickly on both sides and cook for an additional minute on each side. (*I found 5 minutes necessary*). Add 3 Tablespoons warm cognac and blaze. Remove breasts to a hot platter and keep warm.

Add 1 cup cream blended with 2 egg yolks to pan in which chicken was cooked keeping it off the stove. Stir, on stove, until mixture is slightly thickened, being sure it does not boil (scrambled eggs result if it does boil)

Correct seasoning and serve chicken with sauce poured over it.

**This is a favorite recipe, especially of Ted's. I have found that pounding the chicken is unnecessary. Buy boned skinless chicken breasts or chicken tenders and slice it thinly. I have not found that chilling is necessary. I never leave myself time for that step, anyway. The flaming brandy is great for its shock value. Kids love it, as all three of you did and, I believe, still do.**



Emmy and NaNa exploring a birthday present.

## NEBBY'S CORNED BEEF HASH

for 12 People  
All notes are NaNa's

4 cans corned beef hash  
4 half pint containers of sour cream  
4 onions

*(1 can of hash feeds 3 people  
To each can add ½ pint sour cream and one onion)*

Into a large bowl (or the casserole) chop onions and mix with hash and sour cream.

Salt and pepper

*(in 1975 I added 1 lb. cooked cut-up corned beef)*

Cover casserole- cook 20 to 30 minutes in a 350° oven

*(longer if you wish—I've left it in 2 or 3 hours)*

Remove cover to brown.

Ipethonga with the lights on  
awaiting our arrival.





Buffalo Evening News photo of Nebby and Ram Gurney  
16 June 1972

**This recipe came from some of NaNa and Baah’s closest friends — Ram and Nebby Gurney. I remember evenings when they would come over and Aunt Nebby arriving in her very elegant nightie and robe. They were obviously very comfortable with each other. The Gurneys were known to Taz, Reid and me as Aunt Nebby and Uncle Ram.**

**After the long drive to NaNa and Baah’s camp at Onchiota on Rainbow Lake in the Adirondacks we made hash for dinner. Sometimes it was Aunt Nebby’s and sometimes we used Mary Kitchen Corned Beef Hash and Roast Beef Hash in about equal amounts. After heating it and crisping it up in an iron frying pan we topped it with poached eggs, a generous amount of ketchup and added some canned corn on the edge. This was the welcoming dinner at Onchi for as long as I can remember. For the rest of the long weekend we had a roast beef, ham and/or turkey for dinner. This provided lunch meat for the weekend and for traveling sandwiches.**

## TURKEY DINNER

Wash and dry a 16-18 pound turkey

To make the stuffing:

Chop and sauté an onion and a couple of stalks of celery in 1 stick ( $\frac{1}{4}$  pound) of butter. Add another stick of butter and 2 cups water. Heat until the butter is melted. Remove from heat and add a 1 pound package of herbed stuffing. If you want to make it from scratch: crush 1 pound of stale bread with sage and salt and pepper.

After removing the giblets and washing the cavity, stuff both ends of the bird. Some people have been known to be afraid to put their hand into a turkey, thereby cooking the bird with the paper bag of giblets still inside. It really isn't very good that way and should be avoided.

Roast in an uncovered roasting pan in a 350°F oven for 12-15 minutes per pound. Watch it and cover it when the skin gets brown enough. Use a meat thermometer to make sure that the bird is done. If you must, pierce the place where the leg joins the body. It is done when the juices run clear.

We have always had a bit of a ritual turkey cooking experience, sometimes complete with NaNa's photograph entitled "Our Turkey".

Serve with mashed potatoes  
(see [VEGGIES, GRAINS AND PASTA](#))



"OUR TURKEY"



Christmas dinner Onchiota 1981  
Ted, Walter, Holly, Pauline, CSC  
waiting for Emily.

### CRANBERRY SAUCE:

1 cup sugar, 1 cup water and a 12 ounce package of fresh cranberries.  
Bring to a boil and cook until all of the berries have popped,  
mash with a potato masher, cool and serve with your bird.  
You might add some grated orange rind and a pinch of salt. Experiment.



Ted bathing in the Onchi roasting pan Easter weekend 1976, when the temperature reached 90°F and there was still ice on the lake.

## GRAVY:

Boil the giblets and the turkey neck with onion and celery. Chop the giblets and keep the broth. After the turkey is cooked, remove it from the pan and place it on a platter covered with foil and towels. Skim as much fat from the goop in the pan as possible. Make gravy by boiling pan drippings, thickening and expanding the volume with flour and potato and/or giblet water. When the gravy is of sufficient volume add salt and pepper to taste. Add the giblets at the end.

**You may find a gallon jar which has a note on it saying “Powdered Sugar, not for gravy making”. Your dad made the most wonderfully smooth gravy one year for Thanksgiving up in the Adirondacks. The only problem with it was that it was very sweet. NaNa kept the various sugars and flours and other staples that might be enticing to mice in unmarked gallon glass jars. Your dad grabbed the jar with the powdered sugar, which looked suspiciously like flour, when he was making the gravy. He will never live it down. After the incident, your aunt Sue labelled the jar to prevent any reruns.**



## HAM AND CHEESE SOUFFLÉ

butter for browning onions

½ cup chopped onion

2 Tablespoons flour

1 cup milk

½ cup chopped ham

½ cup shredded cheese

1 teaspoon lemon juice

1 teaspoon Worcestershire Sauce

salt, pepper

5 egg yolks

7 egg whites

¼ teaspoon creme of tartar

Melt butter, brown onion.

Stir in flour and cook a minute or two.

Pour in milk, stirring well until it starts to thicken.

Add ham, cheese, salt and pepper, lemon juice and Worcestershire Sauce.

Cool sauce.

Stir into slightly beaten egg yolks.

Fold in egg whites beaten with ¼ teaspoon creme of tartar.

Pour into ungreased soufflé dish fitted with a 2-3 inch collar made of aluminum foil or parchment paper.

Bake in 350°F oven for 45 minutes.

Serve immediately.

You can use this as the basis for any soufflé.

# QUICHE

TO MAKE THE QUICHE DOUGH:

1½ cups all-purpose flour  
1 stick cold or frozen butter, cut into pieces  
pinch of salt  
2 or 3 Tablespoons cold water

With a food processor mix the flour, butter and salt until it looks like coarse meal. With the machine still running, pour water into the feeding tube until the dough forms a ball. Do this very slowly so as not to make a dough that is too wet.

Place the ball in the middle of the quiche pan and squish it into the pan with the heel of your hand, trying to keep it nearly the same thickness throughout. The dough will be under the quiche and needs not be perfect. Take care to roll enough dough on the edge so that it does not burn. Bake in a 375°F oven for 10-15 minutes and set aside.

You might even consider using the pre-made rolled pie crusts found in the dairy case in the grocery store. I believe that they work just as well. Actually, I use this recipe only when I am out of the folding variety.

**EXPERIMENT WITH FILLINGS!**

TO MAKE THE GOO TO UNITE THE FILLINGS:

Use a ratio of 4 eggs to 1 cup of heavy cream. I find with my large quiche pans or pie plates that I use 6 eggs and 1½ cups of heavy cream.

## VEGETABLE QUICHE

Sauté sliced vegetables in a little butter and olive oil (the olive oil will keep the butter from burning), add salt to draw the water out of the veggies.

I usually use a mixture of garlic, shallots and other onions, zucchini cooked with nutmeg, mushrooms (a mixture including portobellos, white button mushrooms, morels and shitakes).

Sauté each vegetable separately and drain before putting in the partially cooked crust.

Cover with the egg/cream goo and add salt and pepper.

Cook in a 350° oven for 30-45 minutes, depending on the size. It is done when a knife comes out clean when stuck in the middle.

## QUICHE LORRAINE

Sauté onion in butter, olive oil and a bit of salt until translucent.

Cook bacon, sauté ham to remove the water.

Grate Jarlsberg or other cheese or cheeses of your choice.

Fill crust with onion, meat, cheese and egg-cream goo, add salt and pepper and a bit of lemon thyme and bake until done, as the vegetable quiche.

You might try this with crabmeat and cheese.



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## LEMON SQUARES

These are wonderful and easy.

Mix together; press into 8" square pan.

Then bake in a 325°F oven for 15 minutes:

¼ pound butter, softened (1 stick)

¼ cup powdered sugar

1 cup all-purpose flour

½ teaspoon salt

Pour over crust, and bake at 350°F for 25 to 30 minutes:

2 eggs, beaten

1 cup granulated sugar

2½ Tablespoons all-purpose flour

3 Tablespoons lemon juice

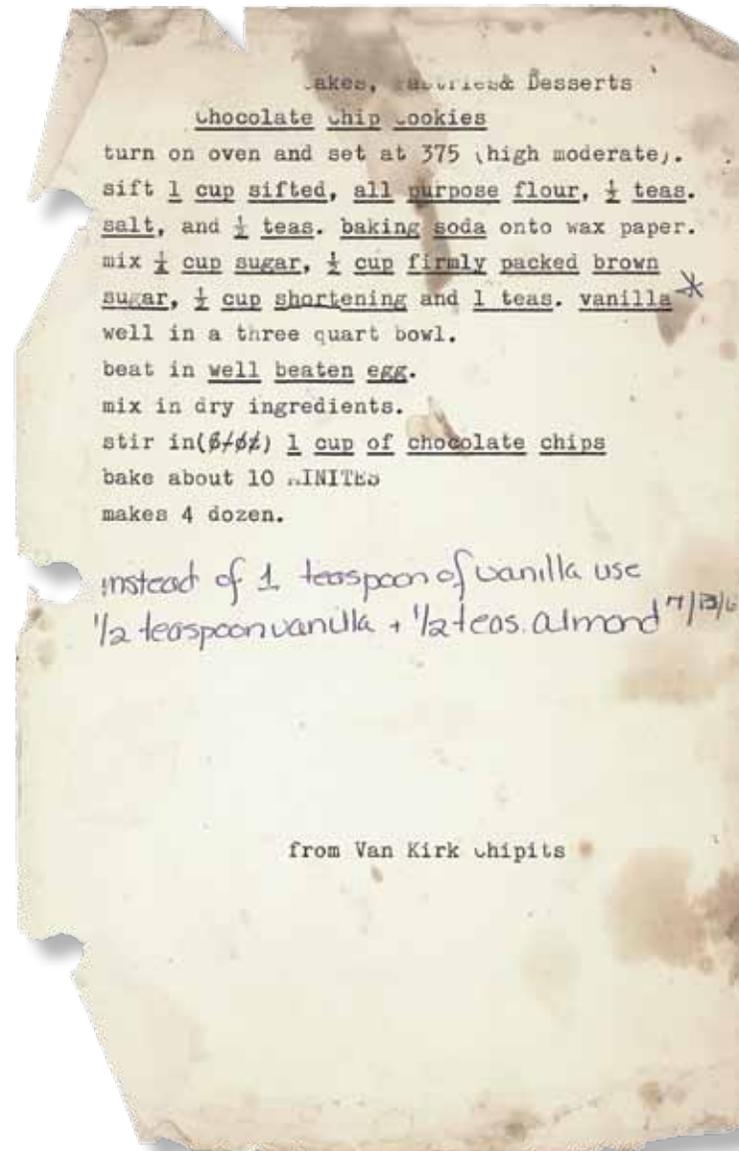
1 Tablespoon lemon rind

Cool, sprinkle with powdered sugar.

Cut into 16 squares or whatever you wish.

Use a metal baking pan as the  
crust will burn in a glass pan.

Use butter,  
instead of  
shortening.



I continue to find  
that the best recipe  
is usually on  
the package of  
chocolate chips.

This is from my recipe book. I copied it when I was about 16.

## OATMEAL RAISIN COOKIES

FROM QUAKER OATS PACKAGE  
makes about 4 dozen

1 cup (2 sticks) butter, softened  
1 cup firmly packed brown sugar  
½ cup granulated sugar  
2 eggs  
1 teaspoon vanilla extract  
1½ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
½ teaspoon salt  
3 cups Oats (Quick or Old Fashioned)  
1 cup raisins

Heat oven to 350°F.

Beat together butter and sugars until creamy.

Add eggs and vanilla; beat well.

Add combined flour, baking soda, cinnamon and salt; mix well.

Stir in oats and raisins; mix well.

Drop by rounded tablespoonfuls onto ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown.

Cool 1 minute on cookie sheet; remove to wire rack.



Fresh strawberries in NaNa's colander.

## FRESH FRUIT

A great summer dessert is berries or peaches served with a dollop of sour cream or plain yogurt mixed with brown sugar. Your Aunt Sue Stafford taught me this easy way to solve the summer dessert dilemma.

# CHOCOLATE MOUSSE

ADAPTED FROM  
NEW RECIPES FOR THE CUISINART FOOD PROCESSOR  
BY JAMES BEARD & CARL JEROME

¼ cup sugar  
⅓ cup water  
1½ cups heavy cream  
6 oz package semisweet chocolate chips  
3 egg yolks  
3 Tablespoons dark rum

Combine sugar and water in small saucepan and boil 3 minutes. Using the metal blade, add cream to the food processor. Process until a very thick whipped cream forms: about 1 minute. Transfer to a large bowl. Without washing beaker, reinsert metal blade and add chocolate pieces. Process, turning on and off, for 15 to 20 seconds. Continue processing and gradually pour in hot syrup, rum and egg yolks. Using a rubber spatula fold the chocolate mixture into the whipped cream.

Chill before serving.

More than one person has been known to like the serving bowl at a party.

# MERINGUES

FROM OSCAR SILVERMAN

⅓ cup egg whites

¼ tsp salt

Beat until stiff, while beating add ¾ cup sugar.

Drop on brown paper bag on a cookie sheet.

Bake at 250°F for 30–40 minutes.

**I often make these in conjunction with chocolate mousse. This recipe uses only whites; the mousse, only yolks.**

**Na had this recipe of Oscar Silverman's in her cookbook. He was Director of the Libraries at the University of Buffalo and was a great friend of NaNa and Baah's. I have made them many times with great luck. Try adding a bit of vanilla extract and/or almond extract. Try using brown sugar instead of white.**

**I found during a humid Canadian summer that they would survive best if taken from the oven on their paper bags and put directly into the freezer to prevent the damage caused by high humidity.**

**Once, for a party large enough that I didn't want to use silverware for dessert, I made bite-sized meringues with a dip in the middle to hold a dollop of the mousse.**

The Allen Sisters



Mary Ann (Mrs. Isaac) Holloway      Matilda (Mrs. John) Holloway  
 Elizabeth (Mrs. John) Love      Rebecca (Mrs. James) Garrett  
 Alice (Mrs. David) Wall

**Grandmother Holloway was Mary Ann Allen Holloway, who was born the 18th of December in 1825 in Selston, Nottinghamshire, England. She and her family settled in Utica, NY after crossing the Atlantic Ocean on the brig Diamond in 1828. She and her husband Isaac Holloway moved to Buffalo in 1847. She was DanDan's grandmother, and died in Buffalo the 10th of December in 1887, when he was 6 years old. She was your great-great-great-grandmother.**

# PLUM PUDDING

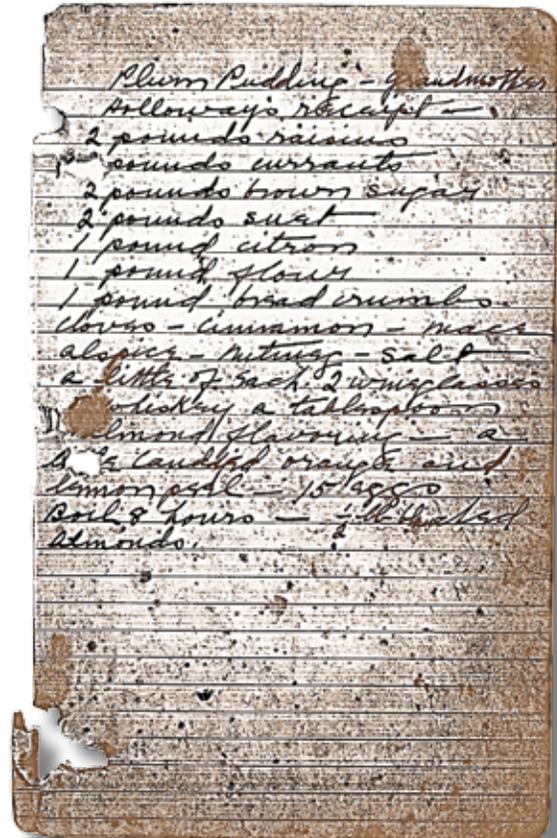
GRANDMOTHER HOLLOWAY'S RECEIPT

2 pounds raisins  
 2 pounds currants  
 2 pounds brown sugar  
 2 pounds suet  
 1 pound citron  
 1 pound flour  
 1 pound bread crumbs  
 cloves—cinnamon—mace—allspice—nutmeg—  
 salt—a little of each  
 2 wineglasses whiskey  
 a tablespoon almond flavoring  
 (hole in page) candied orange and lemon peel  
 15 eggs  
 ½ lb. blanched almonds  
 Boil 8 hours

This pudding is made months ahead and allowed to age. It is then boiled in a pudding tin before serving.

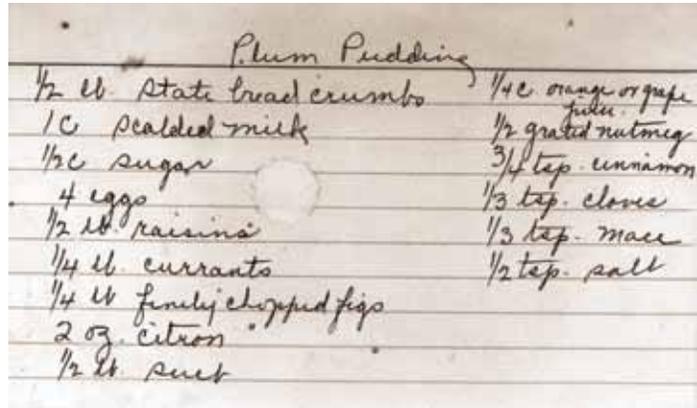


Pudding Tins

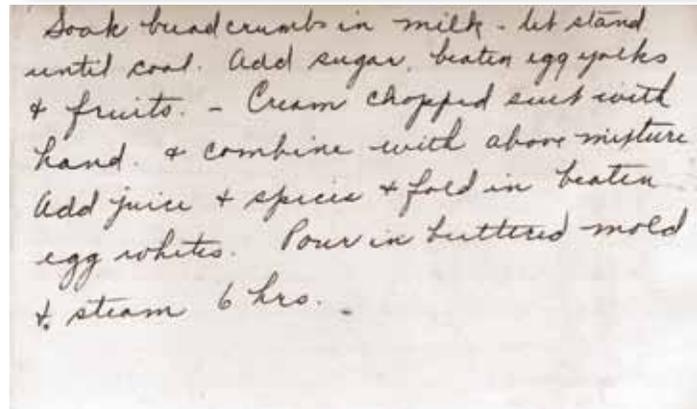




John J. Boland and Elizabeth McCabe Boland  
with their children John Jr and Elizabeth, your Grandma Constantine.



I also found this Plum Pudding recipe in your great-aunt Pauline's cookbook. It is in Grandma Constantine's handwriting. She was given the recipe by her mother Elizabeth McCabe Boland. Pauline made it every year.



## PAULINE'S PLUM PUDDING

⅓ cup soft butter  
 ¾ cup brown sugar  
 1 egg  
 2 Tablespoons brandy  
 ½ cup each chopped raisins, figs and dates  
 ⅓ cup each chopped candied pineapple, cherries, citron and pecans  
 1 cup flour  
 ½ teaspoon baking soda  
 ¼ teaspoon each salt and cinnamon  
 ⅛ teaspoon each ground allspice, ginger and nutmeg

Cream butter thoroughly with brown sugar. Beat in egg and brandy. Stir in fruits. Sift flour and spices into pineapple, cherries mixture. Butter a 5 cup mold well. Sprinkle with sugar. Spoon mixture into mold. Cover tightly. Steam for 4 hours.

## PAULINE'S BRANDY HARD SAUCE

Beat ½ cup soft butter until light, gradually beat in 1½ cups sifted xxx powdered sugar and 3 Tablespoons brandy. Chill. This can be made without the brandy, if preferred.

## PAULINE'S SAUCE SUPREME

Cream together ¼ cup butter and 1 cup sugar.  
 Mix well with 2 well-beaten eggs.  
 Add 1 cup of cream, beaten stiff, to above mixture just before serving.  
 This is a foamy sauce. Flavor with sherry or brandy.



Christmas with Jenny, Betsy, Pauline, Emily, Ted, Andrew and Holly.

## ANGEL FOOD CAKE

**Everyone used to make Angel Food Cake. It seems that there has always been someone who would make this cake the standard for birthdays. Dammummy made it during my childhood, it is an obviously well-used recipe in Mummy Helen's recipe book and Pauline made it during your Dad's childhood and yours. Dammummy's recipe in her handwriting is crumbling. I found the recipe that Pauline preferred in her cookbook. It was on the label that she had saved from the cake pan.**

## PAULINE'S "LAST" ANGEL FOOD CAKE

1½ cups egg whites (11–13 eggs)  
½ teaspoon almond extract  
1¼ cups sifted cake flour  
1 teaspoon cream of tartar  
1¾ cups granulated sugar  
1 teaspoon vanilla extract  
½ teaspoon salt

1. Beat egg whites until frothy.
2. Add cream of tartar; continue beating until whites peak but are not dry.
3. Add flavoring.
4. Sift flour, sugar and salt together nine times.
5. Fold in dry ingredients a little at a time.
6. Pour into ungreased Wear–Ever Tube Cake Pan.
7. Bake in a slow oven 325°F for 1 hour or until cake springs back when touched with finger.
8. Remove from oven; turn upside down; allow to cool.
9. Cut from pan; ice with Fluffy Icing.



Each angel food cake that Pauline made, which was for most birthdays, was to be her last. She always claimed that she had lost her touch and that the cake was terrible. Needless to say, it was always wonderful. She added the delightful touch of filling the hole in the middle of the cake with the excess frosting. That was always my favorite part.



I am presenting a "Pauline birthday cake" to your Dad.



## FLUFFY ICING

ALSO FROM THE WEAR-EVER CAKE PAN LABEL

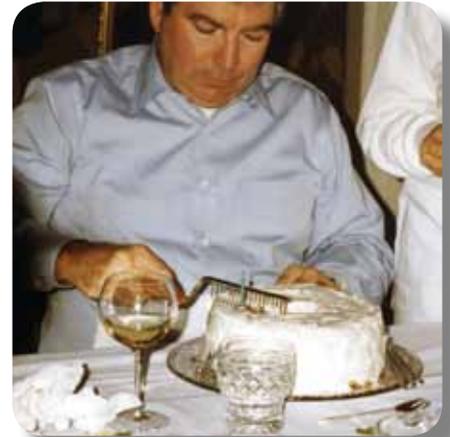
- 1½ cups granulated sugar
- ½ cup water
- ¼ teaspoon cream of tartar
- 3 egg whites
- 1 teaspoon vanilla

1. Boil sugar and water until it threads or to 238°F.
2. Add cream of tartar to egg whites; beat until stiff.
3. Pour syrup over egg whites; continue beating until icing peaks.
4. Add vanilla; spread on cake.

Use a candy thermometer



Emily presenting Ted with a  
“Pauline birthday cake.”



Your Dad cutting his “Pauline birthday cake”  
with the special angel food cake cutter that  
NaNa gave us.

## DAMMUMMY'S ANGEL FOOD CAKE

1¼ cups egg whites  
 1½ cups sugar sifted four times  
 1 cup cake flour sifted four times  
 each in a separate bowl

Beat egg whites slightly—add ¼ teaspoon salt. Now put in 1¼ teaspoon cream of tartar. Beat until the whites (stan)d up in peaks but are still glossy...add 1½ cups sugar gradually a tablespoon at a time. Fold it in carefully. Add 1 teaspoon vanilla and ½ teaspoon almond flavoring. Now fold in the flour the same way you did the sugar sifting a little at a time over the batter until all the flour is folded in evenly. Pour...ungreased deep center tube pan. 9½ in wide and 4 ins deep. With spatula cut down through the batter all the way around to remove any large.... 50 minutes in a ...oven 250°. Raise heat to 300° for 20 min more. I don't raise he....think it doesn't dry out cake...left at 250° full time. To...if the cake is done touch the top lightly. If finger print remains the cake needs a little more baking. The time is exactly correct if you have a well regulated oven. Turn the tin upside down on a cake rack and there let it stay in pan an hour or until it is entirely cool. Loosen with a spatula and out she comes.



DanDan, Dammummy, Aunt Phyl and Baah 2 September 1937. I think this was Dammummy's 50th birthday. We know that she spoke creatively about her age and that she said that she was born in 1889. We always thought she had given herself 2 years of leeway.



Dammmummy's Angel Food Cake Recipe

For the summer birthdays — as I remember, Dandan's, my cousin Pete's and Taz's — Dammmummy used to implant 'prizes' in the cakes before frosting them. We had to take great care not to break any teeth. The prizes consisted of a nickel, a dime and a quarter, a curtain ring to indicate the next person to be married and a thimble to indicate one never to be married. There may have been some that I do not remember. One would hope that no one believed any of this.

## DAMMUMMY'S SEVEN MINUTE FROSTING

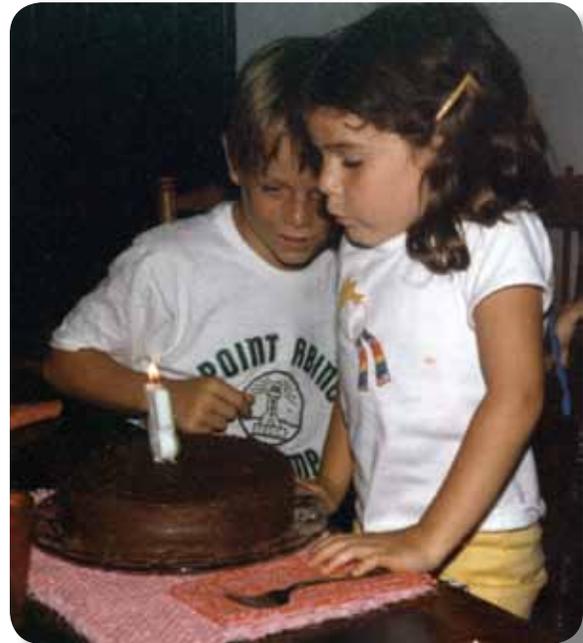
1½ cups powdered sugar  
2 egg whites  
½ teaspoon cream of tartar  
¼ cup boiling water



My grandmother, Helen Woodward Rivas, known to us as Mummy Helen, around 1925.

## MUMMY HELEN'S FLUFFY FROSTING

Beat 2 egg whites  
dash salt  
1 cup corn syrup  
1 tsp vanilla extract  
beat until fluffy, no cooking



Ted helping Holly on her 5th birthday.



Holly with one of her beautiful cakes.

## AUGUST CAKE

4 large egg yolks  
 2/3 cup buttermilk  
 1½ teaspoons vanilla  
 2 cups sifted cake flour  
 1 cup sugar  
 1 Tablespoon baking powder  
 ½ teaspoon salt  
 8 Tablespoons unsalted butter

Lightly combine yolks, ¼ of the buttermilk, and vanilla and put aside.

Combine the dry ingredients and mix with an electric or hand beater at low speed.

Add the butter and the rest of the buttermilk. Beat for 1½ minutes at medium speed. Gradually add the egg mixture. Bake at 350°F in three layers for about 25 or 30 minutes, testing with a toothpick or a broom-straw. Frost between the layers and on the top (not on the sides) with Almond Butter Cream. Add sweetened, drained peaches to the layers.

## ALMOND BUTTER CREAM

½ stick salted butter  
 powdered sugar  
 almond extract  
 amaretto

Cream it all together. to the right consistency for frosting.

## CHOCOLATE MAYONNAISE CAKE WITH CINNAMON-MERINGUE INTER-LAYERING

Makes 3 thin layers.

To make chocolate mixture:

Whisk together  $\frac{1}{3}$  cup unsweetened cocoa and 1 cup boiling water.

Cool to room temperature.

Whisk in 1 teaspoon vanilla and  $\frac{3}{4}$  cup mayonaise.

In a large bowl blend with an electric mixer or a hand mixer:

2 cups sifted cake flour

1 cup sugar

2 teaspoons baking soda

$\frac{1}{2}$  teaspoon salt

Blend in the chocolate mixture until the dry ingredients are moist.

Increase speed and mix for 1 minute.

Bake at 350°F for about 20 minutes, testing with a toothpick or a broom-straw.

Remove from pans.

Interlayer with meringue made with a mild amount of cinnamon.

Glue together and frost with Chocolate-Cinnamon-Butter Cream.

Use Oscar's meringue recipe. Make thin layers the shape of the cake. Also make some 'kiss' shaped meringues for the top.



Holly with a small birthday cake.

## CHOCOLATE-CINNAMON-BUTTER CREAM

Beat the butter and the sifted powdered sugar. Season with unsweetened cocoa and cinnamon taste. Add cream to thin it out so that it will spread. Cover the top of the cake and put just enough between the layers to glue them together. Use the frosting to glue the kiss-shaped meringues to the top.



Holly's has devised wonderful cakes that have been greatly appreciated by many guests at many parties. Here she presents Emily with one of her creations.



Some cakes are easier to cut than others. I was trying to cut our wedding cake with your Dad's U.S. Navy sword.  
29 December 1973

## PAULINE'S PUMPKIN PIE

Mix thoroughly:

2 cups pumpkin, cooked

2 teaspoons melted butter

½ teaspoon salt

½ cup white sugar

½ cup brown sugar

½ teaspoon cinnamon

¼ teaspoon crushed cloves

½ teaspoon mace

scant ½ teaspoon ginger

1 cup milk

½ cup cream

2 eggs (3, if small)

1 add nutmeg

Put it in a pie plate over a bottom crust.

Bake it at 450°F for 15 minutes.

Lower the oven to 350°F for another 30 minutes.



Pauline in kitchen at Onchiota

## PAULINE'S PRESS COOKIES

### COOKIES:

Beat together:

1 cup butter

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

1 egg

1 tsp almond extract

$2\frac{1}{2}$  cups flour

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

pinch of salt

Squish out through the press, bake until golden brown and frost.

### FROSTING:

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

cream

almond extract

Mix together to the proper consistency for frosting.

**Every Christmas you made these cookies with Pauline.**

One August while visiting Taz and Sue at their home on Islesboro off the coast of Maine, we foraged for wild blackberries in the woods surrounding their house. We made a beautifully gooey, dark purple pie, which followed our dinner of freshly steamed mussels which we had hand-picked at low tide from the rocky ocean shore down the cliff 75 feet below their house.

I use pre-made fold-out pie crusts or make my own.

### PIE DOUGH

1½ cups all purpose flour  
1 stick cold or frozen butter, cut into pieces  
pinch of salt  
2 or 3 Tablespoons cold water

With a Cuisinart mix the flour, butter and salt until it looks like coarse meal. With the machine still running, pour water into the feeding tube until the dough forms a ball. Add the water very slowly so as not to make a dough that is too wet. Refrigerate for about 20 minutes and roll out, or place the ball in the middle of the pie plate and squish it into the pan with the heel of your hand, trying to keep it nearly the same thickness throughout. The dough will be under the pie and need not be perfect. Take care to roll enough dough on the edge so that it does not burn.

## ELDERBERRY OR ANY OTHER FRUIT PIE

2½ cups elderberries  
½ cup sugar  
⅛ teaspoon salt  
2 Tablespoons flour  
3 Tablespoons lemon juice

Put the elderberries into a pie crust and add the mixture of sugar, salt and flour. Sprinkle with lemon.

Cover with top crust.  
Bake in 450°F oven for 10 minutes.  
Reduce heat to 350°F and continue cooking for another 30–40 minutes.



Taz & Sue in April 2000.

**In Abino Hills we have many elderberries growing in the backlands. They make wonderful pies, even if they are a bit rough on the teeth.**

## APPLE CRISP

THIS RECIPE CAME FROM MOLLY DAVIS BOOTH, TED'S GODMOTHER.

6-8 apples

½ cup white sugar and ½ cup brown sugar

½ cup melted butter

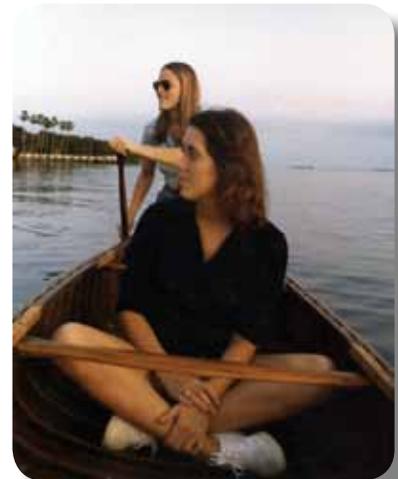
¾ cup all-purpose flour

1 teaspoon cinnamon

Cut the apples into a buttered baking dish.

In a separate bowl, mix the remaining ingredients, and pack the mixture closely over the apples.

Bake in 375°F oven for 1 hour.



Aunt Moll being chauffeured up the Indian River by your mom - 1973.

## RUM CAKE

1 Duncan Hines yellow cake mix  
 1 pkg. vanilla pudding (not instant)  
 4 eggs  
 ½ cup butter-flavored Wesson oil  
 ½ cup water  
 ½ cup rum

Mix all ingredients and pour batter into large greased bundt pan.

Bake 1 hour at 325°F.

Glaze:

Pour over cake while still in pan.

Mix and stir briefly over very low heat to dissolve sugar:

1 cup sugar  
 1 stick butter  
 ¼ cup rum  
 ¼ cup water

Allow to stand until cool before turning out.

**The Booths and the Carlsons both arrived at Onchi bearing rum cakes. They had not planned this and did not know each other before meeting there. The cakes were virtually identical and well appreciated. This one is Molly's recipe.**



Your Dad, CSC, Molly Davis Booth and Nick Booth, Kristan Carlson (now Andersen), Ted on Ann Carlson's shoulders and Chick Carlson. The Carlsons were our neighbors on Irving Place and are still our neighbors at Abino Hills. Molly is Ted's godmother.

## GRANDMA BOLAND'S ICE CREAM

1 quart cream

1 cup sugar

1 Tablespoon vanilla

If you add peaches, also add almond extract.

Mix together and crank.



Use an old-fashioned hand-crank ice cream maker or a new-fangled electric one.

## VANILLA ICE CREAM

1 quart whipping cream  
 1 quart and 3 cups whole milk or half & half  
 12 egg yolks  
 4 Tablespoons vanilla extract  
 3 cups sugar  
 2 teaspoons salt

Scald cream, half & half and milk until it is almost moving. In a large bowl beat yolks and salt. Add 3 cups of hot milk mixture, stirring constantly. Add in the rest of the milk mixture, then add the sugar. Keep stirring over medium heat until it coats a spoon. It will be almost boiling. Remove from the heat, cool and crank.

I have also made this as cinnamon ice cream. Cook the custard with cinnamon sticks. It will be slightly brown and have a real cinnamon flavor, rather than a cinnamon candy look and flavor. You can also add mint and/or chocolate chips. It is a rich base for any flavor of ice cream, and is wonderful as is.



Niscah at our wedding

**Niscah Becker Koessler gave me this sinful recipe when your Dad and I were first married. Taz, Reid and I grew up with Judy, Niscah, David and Steven Becker. Our parents were close friends and Baah was Niscah's godfather.**

RASPBERRY  
STRAWBERRY  
OR  
GOOSEBERRY  
FOOL

1 quart berries

1 cup sugar

1 cup heavy cream, whipped

or ½ cup commercial sour cream

With the metal blade in the Cuisinart work bowl, add a third of the berries, purée for 8–10 seconds.

If you are using raspberries, put them through a sieve.

Repeat until all the berries are puréed.

Sweeten to taste.

Fold the purée into the whipped or sour cream.

Chill until very cold.

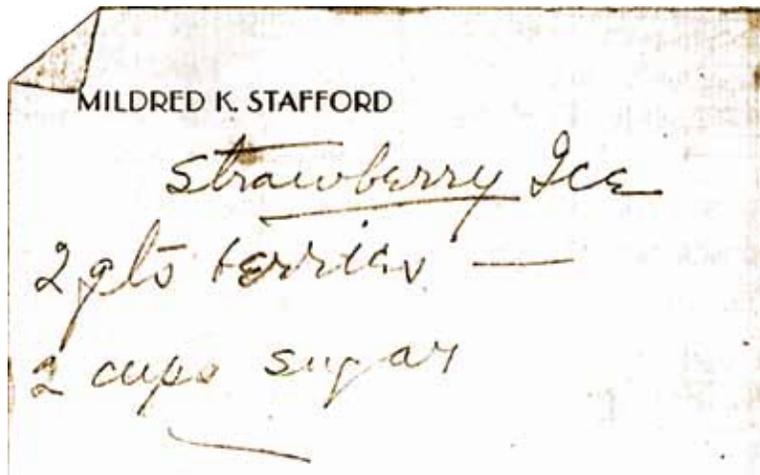
Serve in small glasses accompanied by a small cookie.

## STRAWBERRY OR RASPBERRY ICE

Dammummy's Angel Food Cake was served with her homemade strawberry or raspberry ice depending on the berry season. Child labor (mine) was often used to hand crank the ice cream in a barrel ice cream maker using ice and salt.

1 quart berries  
1 cup sugar  
1 cup water

lemon juice  
Purée together and crank.  
Make extra to use during the winter.



I add a pinch of salt

For DanDan's birthday, July 1st, Dammummy made strawberry ice. For Taz's, July 10th, she made raspberry ice, unless the early summer had been unusually chilly, thereby retarding the demise of the strawberries and retarding the ripening of the raspberries.



Frank Paul Cora Ernest Don Helen Orator Eleanor  
The Woodward Family 1902

Your great grandmother Helen is the cute little one wearing the weird bonnet and standing on top of the stone wall next to her father.

### JELL-O SQUARES

When it was your turn to take the snack to Snoopy or Mouse House or Frog Pond at Westminster Nursery School I often sent what I called Jell-O Squares. I used 4 packages of Jell-O and the water for one package. I cut the Jell-O into one-inch squares so that you and your classmates could easily pick them up. The Jell-O designers clearly had the same idea as this recipe is now on the package as “Jell-O Jigglers.”

### CHAMPAGNE JELL-O

We also have discovered that Jell-O is quite good when made with  $\frac{3}{4}$  cup hot water and  $1\frac{1}{4}$  cups of cold champagne. This can be done with any flavor. Try layering different 2 flavors and some fresh berries.

Orator Woodward, NaNa's grandfather, lived in LeRoy and owned the Genessee Pure Foods Company, which made patent medicines. He bought a dessert recipe from a neighbor and started the Jell-O Company. It was not an immediate success. At a low point he offered the entire company and the building to his foreman for \$35. After being turned down he became innovative with his promotional methods. His salesmen entered a town and deposited Jell-O molds or recipe books on the doorstep of every house. The salesman then confronted the local storekeeper and explained why all of the housewives in town would be asking for Jell-O the next morning. Orator died in 1906 and the company was run by his wife Cora, your great great grandmother, and his eldest son Ernest until it was sold to Post in 1925 thereby creating the nucleus of General Foods.

## JELL-O & ICE CREAM

To a 3 oz. package of Jell-O, flavor of your choice, add the hot water called for, but not the cold. Beat it into 1 quart of vanilla ice cream, freeze. It has wonderful texture and flavor.



## CHOCOLATE ROLL

THIS IS ONE OF MY FAVORITE RECIPES FROM NADINE BERLOW'S COOKING COURSE AT PAR AVION, A STORE AT THE CORNER OF DELAWARE AND TUPPER STREETS IN BUFFALO.

I THINK THIS COURSE WAS GIVEN IN THE 1970S.

Serves 8 to 10

6 eggs at room temperature, separated

½ cup sugar

½ cup sifted cake and pastry flour

2 teaspoons baking powder

Preheat oven to 375°F. Line bottom and sides of jelly roll pan (17½" by 12" cookie sheet with sides) with foil and butter foil thoroughly. Mix flour and baking powder together and set aside.

Using a plastic knife in a Cuisinart work bowl, beat yolks and sugar until light and fluffy (10 to 15 seconds). Add the flour/baking powder mixture and process until barely blended — no more than 5 seconds. Some flour may not be mixed in.

In a big mixing bowl, whip the whites, until stiff, with electric beater. Fold the egg mixture slowly, delicately and thoroughly into the beaten whites. Spread evenly on prepared pan and bake 8 to 10 minutes or until cake is done. While cake is baking, dampen a clean linen towel with water and sprinkle granulated sugar evenly over it. As soon as the cake is done, remove from oven and immediately turn cake over the towel. Remove foil delicately and roll cake, lengthwise, together with towel. Set aside to cool and prepare frosting.

## CHOCOLATE BUTTER CREAM FROSTING

1 cup butter  
3 cups confectioner's sugar (1 box)  
2 egg yolks  
5 or 6 oz. melted unsweetened chocolate

Using plastic or metal knife in Cuisinart work bowl, beat butter until creamy. Add egg yolks and process for a few seconds until thoroughly blended. Remove cover, add 1 cup sugar and process until mixed. Repeat until all the sugar is used. Beat in the melted chocolate and process until mixture is smooth and thoroughly blended.

Emily serving your Dad his chocolate roll birthday cake.  
I don't know what birthday this is, but it was 50 or later.  
Margot Rumsey Banta and Finley Greene are looking on.



### TO ASSEMBLE:

Unroll cooled cake. Sprinkle with Grande Marnier. Spread about half the frosting over the entire surface of the cake. Re-roll cake firmly with remaining frosting. Using a fork, draw a design resembling the surface of a log. (If refrigerated, bring to room temperature before serving).



Reid took this picture of DanDan, Dammummy and me in about 1960. He later printed it as this cyanotype.

# DAMMUMMY'S BUTTERSCOTCH COOKIES

IN HER WORDS

1 lb brown sugar

½ lb butter

2 beaten eggs

1 teaspoon Baking Powder

½ teaspoon salt

3 cups all purpose flour

Cream butter + sugar

add beaten eggs

Then add rest of ingredients which have been mixed and sifted together

Put through Ateco Magic and bake in hot oven.

The Ateco Magic was Dammummy's cookie press.

A hot oven is 375°F.



Helen Woodward Rivas  
Mummy Helen, my grandmother

Apple Cake      HWR.  
 1 cup sugar      1 cup raisins  
 ½ " butter      2 cups flour  
 1 egg      2 tsp soda  
 1½ cups applesauce dissolved in  
    ¾ cup hot water  
    1 tsp salt.

Make applesauce & sweeten the  
 same as for table use - cool  
 combine same as other  
 cakes adding sauce just  
 before flour.

Spices to taste.

(1 tsp cinnamon, ½ tsp nutmeg,  
 ½ tsp clove.)

I must have copied this recipe from Mummy Helen's, as it is in my handwriting.

## BUTTERSCOTCH SUNDAE CAKE

**BUTTERSCOTCH SUNDAE CAKE... extra fluffy**  
 's a brown sugar cake so you can't make it with mixes."

### BUTTERSCOTCH SUNDAE CAKE

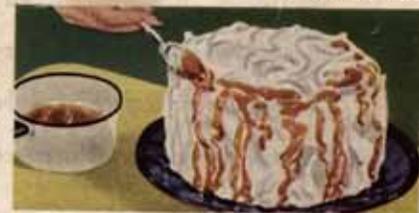
Moderate oven (350°). Two 8 or 9 x 1½" layer pans, greased and floured.

- 2 1/4 cups sifted GOLD MEDAL Flour
- 3 tsp. double-action baking powder
- 1 tsp. salt
- 1 3/4 cups brown sugar (packed)
- 1/2 cup soft shortening (such as Snow-drift, Crisco, Spry, Swift'ning)
- 1 cup milk
- 1 tsp. vanilla
- 1/2 to 2/3 cup unbeaten eggs

*\*Omit baking powder and salt with GOLD MEDAL Self-Rising Flour.*  
 For altitudes over 3000 ft., write Betty Crocker, Box 100, Minneapolis, Minnesota for recipe adjustments.



Sift flour, baking powder, salt into bowl. Add brown sugar, shortening, milk, vanilla. Beat 2 minutes medium speed on mixer or 300 strokes by hand. Scrape sides and bottom of bowl constantly to guide batter into beater. Add eggs. Beat 2 more minutes. Bake 35 to 45 minutes, or until top springs back when lightly touched. Cool.



Frost with fluffy white cooked icing. Dribble with Butterscotch Sundae Glaze.  
**BUTTERSCOTCH SUNDAE GLAZE...** Bring to rolling boil in saucepan ¼ cup brown sugar (packed), 3 tbsp. butter, 2 tbsp. water, stirring constantly. Boil hard without stirring 1½ min. Do not overcook. Take from heat. Dribble over iced cake.

**Pauline left us boxes of recipes clipped from newspapers and magazines, but only a few were in her working cookbook. Your Aunt Ann remembered this as Pauline’s “Happy Day Cake” and said that it was her favorite cake. We went through Pauline’s cookbook and found it as this “Butterscotch Sundae Cake.” I have not tried it, but think that because of its rave reviews that you should have the recipe.**



Pauline working in the Overlook kitchen with me.

CRÊPES SUZETTE30 CRÊPES6 whole eggs  
plus 2 yolks.1 cup + 2 TBS flour  
(instantized)

2 TBS SUGAR

 $\frac{1}{4}$  tsp SALT

3 cups milk.

• Add 3 TBS melted butter

Beat eggs -

add flour, sugar, salt + beat until smooth.

Add milk gradually while beating

2 TBS mix ( $\approx \frac{1}{2} \times \frac{1}{4}$  cup) PER CRÊPE / Stir the  
in 7" fry pan  $\bar{c}$  butter or peanut oil. batter as you goSAUCEMelt  $\frac{3}{4}$  cup butter in chaffin dishadd  $\frac{1}{3}$  cup sugar,  $\frac{3}{4}$  cup orange juice $\frac{1}{3}$  cup orange liquor + 3" strip orange peel  
Cook until mixture bubbles + reduce a little.

Remove orange peel

Fold in Crêpes in quarters

sprinkle  $\bar{c}$  Sugar

Add 3 TBS orange liquor + 6 TBS COGNAC + light

→ Check NY TIMES  
Cook Book p 629  
for different sauce

**This is Taz's crepe recipe in his handwriting.  
I think I have had them only once—up in the Adirondacks on a snowy winter week-  
end. They were wonderful and everyone appreciated the flames.**



Taz 1969

PHOTO BY BART MARCY



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## OTHER STUFF



Dammummy serving tea in the breakfast porch at Overlook.

**Taz and Sue have this silver tea service and we still use the Wedgwood cups and saucers at Overlook.**



Dammummy's iced tea pitchers and wooden spoon are all still used every summer at Overlook. Note that the bowl end of the spoon has been dyed by the tannin in the tea.



## DAMMUMMY'S ICED TEA

Use a 1 gallon glass jar

Add 10 tea bags, fill the jar with water and put it in the sun or refrigerator until the tea is dark enough.

Pour the tea into a large pitcher.

Add a 12 oz. can of frozen or 2 cups fresh squeezed orange juice.

Add 1 cup dark brown sugar.

Mix and serve with ice.

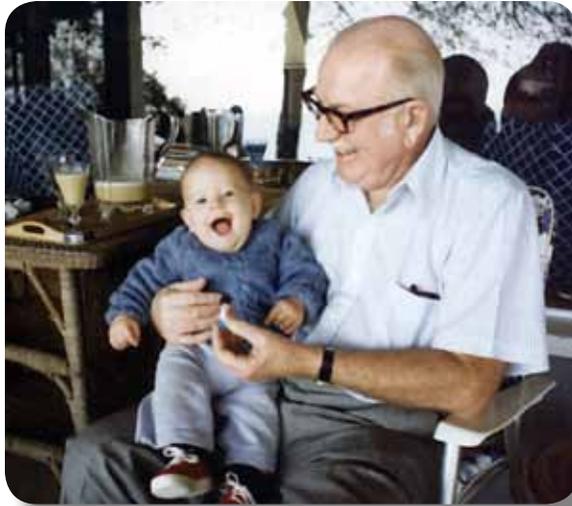
**AND DON'T TELL ANYONE WHAT IS IN IT.**

We use the old gallon mayonnaise jars that we also use for keeping sugar and flour, just as Dammummy did. Dammummy squeezed her own oranges in season in the grove at Merritt Island, Florida. By all means do that if the season is right for good oranges.

**Dammummy received many compliments on this iced tea. It has a distinctly different flavour imparted by the brown sugar. (Dammummy always spelt in a British way, being a United Empire Loyalist, hence the -our.)**

**When asked for her recipe she always gave it gladly, but neglected to say that the sugar must be brown. As a child I heard her do it. People always wondered why their iced tea was never as good as hers.**

## OTHER STUFF



Ted with Grandpa in the summer of 1977  
with Whiskey Sours behind them on the table.



Whiskey Sour glass and pitcher at Bertie Bay.  
These are in the photo above.



## WHISKEY SOURS

Mix in the blender:

1 can of frozen lemonade

1 can of Rye, Canadian Whiskey, Rum or booze of choice

1 can water

1 raw egg

crushed ice - 1 tray

**Grandpa did not add the water,  
but then we all got a bit too tipsy a bit too quickly.  
Considering the fact that you are using lemonade,  
do not waste your money on good booze.**

## **BERTIE BAY**

**After a number of summers of renting houses along the Canadian lake shore near Buffalo, your Constantine grandparents bought their beach house at Bertie Bay, Ontario in 1953. It is a great vantage point from which to view the lights of Buffalo and to monitor the shipping traffic into and out of the port at Buffalo. Your dad and his sibling can identify the ships by the pattern and colors on their stacks. This house holds many wonderful memories for three generations of Constantines.**



## PRESERVATION

There are many methods by which people used to preserve their food before the advent of reliable refrigeration and freezing and before highly sophisticated canning factories using chemical preservatives sprung up. They include sugar, salt, vinegar, smoking, freezing (weather dependent), and drying.

Cheese is preserved milk and is preserved by separating the whey, the spoilable portion of the milk, from the curds, the unspoilable portion. Butter is quite the same in that it lasts almost indefinitely, whereas milk turns. Note that the higher percentage of fat in the milk or cream, the longer it lasts.

See the recipe for Irish Soda Bread in the 'Bread' chapter for a description of the making of butter.

Fruits are preserved by cooking them with sugar. If any mold does grow, it is just on the top and does not penetrate into the jam. Fruits are also preserved by removing all of the water, either by drying the fruit or by making fruit leather by drying the puréed fruit.

Many vegetables are preserved by pickling them, as are meats. The use of salt and vinegar discourages the growth of nasty bacteria. We think of pickles as pickled cucumbers, but many vegetables can be pickled and to good effect. Sometimes sugar is used as well as vinegar as in sweet pickles or pickled watermelon rind or mustard pickle, which seems to be a whole bunch of veggies all pickled with mustard, sugar and vinegar. My mother used to eat that stuff. I don't think I ever tried it.

Hams are brined (soaked in salt water) and then smoked.

Freezing is self-explanatory, but does require some consistency in outside temperature, if you are relying upon the elements. Remember that we always used the outdoors as an auxiliary refrigerator and freezer in Onchiota and in Ellicottville. We also wanted to make sure that we did not attract wild animals, especially the bears in the Adirondacks.

## CHEESE

Cheese is preserved milk and as part of a study of preservation methods (not the chemical kind) I include cheese as the hands-on component. The basics for making cheese are pretty much the same for all cheeses. The variables are choice of milk, choice of coagulant, pressing time, ageing time and introduction of bacteria for flavor.

During the summer months cows produce a great deal of milk, usually more than can be used. During the winter, when the milk production is low, the cheese which was made during the summer is eaten. Coagulation is produced by rennet or natural acid. Rennet contains an enzyme which causes coagulation for both hard and soft cheeses. This enzyme is contained in the stomach of a suckling mammal. The stomach of a suckling calf was often salted and hung to dry. When it was needed for cheesemaking a small piece was cut off and thrown in with the warming milk. It was not a very exact science. Other soft cheeses are made using vinegar or lemon juice because their acid causes coagulation. Lemon and vinegar produce the same effect, while providing different flavours. Lady's Bedstraw, of the Galium family, was often used as a vegetable coagulant, when a suckling calf's stomach was not available. It was used to stuff mattresses and, as well as functioning as a coagulant, it dyes orange. Some cheese is artificially dyed orange, even today, because people had gotten used to having their cheese orange. Usually beta carotene or annatto, both plant products, is used for this purpose today.

You can make a cheese press easily by punching holes in a Crisco can, from the inside, and making a wooden follower the same size as the can opening. The ones that I have were made for me by Ziggy, the janitor at Elmwood-Franklin School, when I was making cheese with Ted's 3rd grade history class. Cheesecloth can be purchased in most

fabric stores. You do not want cheesecloth from the grocery store - it is for cleaning and does not have a fine enough weave. If you must use it, use three layers.

It is the whey that goes bad so you will want to wash away as much whey as possible with either method. This is most important with the rennet method, as this cheese is often aged. The lemon—vinegar cheese is to be eaten right away. The salt functions as a preservative as well as enhancing taste.

We have made cheese at Elmwood-Franklin School, Park School and Nichols School, each experience with the help of one of you and for the benefit of one of you. I have also taught cheese making as part of my discussion on methods of preservation to groups of adults. Needless to say we practiced at home many times before we took it public.

One summer we made cheese using unpasturized milk. I spoke with a farmer at a dairy farm near Ridgeway, Ontario, Canada and begged him for some fresh milk. It seems that it is illegal to sell milk before it is pasturized and that the farmers have an expected quota. As he was producing above his quota at that time, he said that I could have a couple of gallons to play with. I guess this is to prevent them from selling potentially diseased milk on the side for less money, or something like that. It might also just be an issue of an economic monopoly. It was great cheese.

## FARMER'S CHEESE

Buy 1 gallon of fresh whole milk as close to the cow as possible. Cheese is best made from raw milk, which is very hard to get. Warm the milk to about 90°F, add ½ tablet of rennet dissolved in some warm water and continue to heat slowly until a curd forms. When the curd is separated from the side of the pot and the bluish watery whey is visible, cut the curd with a long knife — diagonally in both directions. Stir gently. Continue to heat while the curd and whey continue to separate. When the curd is tough to the touch, separate the curd from the whey by pouring it through cheesecloth (real cheesecloth, not the grocery store variety). Wash the curd, salt, hang it in cheesecloth and press it in a cheese press.

## RICOTTA

Heat the whey remaining from making the making of the Farmer's Cheese to just short of boiling. Add a quart of fresh whole milk. Add vinegar and/or lemon juice and continue to heat until soft curds form on the top. Continue to heat until no more curds form. Skim off the ricotta and salt it to taste.

## NON-RENNET CHEESE

Heat 1 gallon whole milk until almost boiling. Add lemon juice or vinegar or both and stir until the curd separates from the whey. Drain, wash, salt, squish and eat.

## TAZ'S PEANUT BUTTER

24 oz. unsalted peanuts

¼ cup olive oil

¼ cup honey

1 teaspoon salt

Grind in cuisinart until it as chunky or as smooth as you would like.

Make peanut butter to go with your jam.

## JAMS AND JELLIES

Most jams are best made using the recipe on the pectin box or bottle. But pectin is not always required. Pectin occurs naturally in some fruits and adding them to your fruit will allow you to make jam or jelly without added pectin. The process becomes a

bit more trial-and-error and might require extra cooking to gain the desired consistency. Apples and grapes both contain natural pectin.

I once made jelly using elderberries and wild grapes which I harvested in the swamp along the Abino Hills Road and combined it with honey and the juice of the staghorn sumac found at the corner of Cherry Hill Boulevard and the Nye Road. It made wonderful jelly, and earned a first place blue ribbon at the Agricultural Fair at the Genesee County Museum in Mumford, New York that year.



## MAYAPPLE JAM

**I made Mayapple Jam from fruit harvested in the Abino Hills woods in 1984. It is great with meats as it has a tartness about it. You have to get to the fruit before the critters do, so you must be watchful for ripeness. They are usually ripe around Labour Day, but it depends on that summer's weather. Other parts of this plant are toxic, so do not inadvertently chomp on a leaf or a stem.**

Harvest ½ gallon ripe (yellow) Mayapples.

Remove stem ends and blossom ends.

Cut into quarters and put into a kettle with 1 cup water and simmer for 15 minutes, stirring occasionally.

Mash with a potato masher.

Put through a colander, removing seeds and skins.

To 4 cups of thick pulp add 1 box Sure-jell or ½ bottle Certo.

Bring to a boil and add 5 cups sugar.

Keep at a hard boil for 1 minute, stirring constantly.

Skim and pack into clean jars and seal.



I took this picture of a ripe mayapple in a sea of mayapple leaves in the woods at Abino Hills.

## SLOE GIN

RECIPE FROM ELIZABETH MARY VANESSA TUPLIN DRAKE, KNOWN TO ALL OF US AS TUPPY.

Rinse or wipe sloes and remove the stalks, discarding any damaged or unsound fruit. Prick each berry with a silver needle or a silver fork.

Pack 4 ounces sugar and 1 pound sloes alternately in layers in a wide mouthed jar.

Pour 1 bottle of gin over and cover for 3 months in a cool dark place, turning occasionally.

Strain and pour into clean, dry bottles.

Stopper with clean corks which have been sterilized for 10 minutes in boiling water.

Brush the tops of the corks with melted paraffin.

**Sloe Gin is made in September when the fruit in the hedgerows is ripe. It will be ready for drinking by Christmas. The homemade Sloe Gin that we had at the Drakes and at their friends the Tunnards was smooth and flavourful, not at all like the commercial Sloe Gin that we have here for making Hawaiian Sunsets and the like.**

**The sloe is the berry of the Blackthorne, a nastily thorned bush which is a relative of the Hawthorne. I do not know if they grow on this continent, but they are prolific hedgerow inhabitants in the British Isles.**



Tuppy, Hugh and Deborah Drake with Lucy in 1978 at their home Scremby Manor, Spilsby, Lincolnshire England. Hugh, the Oxford educated accountant, was tending the farm during lambing season.

## PICKLES

One June day while picking strawberries in the MacIntosh's field in Canada I was chatting with a woman picking in the next row. I mentioned that I wanted to make dill pickles, but didn't know how. She told me how and then took my name. Lo and behold, she called me later that day with the detailed recipe which was long in her family. I never did learn her name.

### DILL PICKLES

20-30 small cucumbers, about 3 inches each  
powdered alum  
fresh dill  
garlic cloves

Make a brine with:

1 cup of coarse medium salt (pickling salt)  
3 quarts water  
1 quart cider vinegar  
grape or cherry leaves

Wash cucumbers and let them stand in cold water with ice overnight.

Pack them into clean hot jars. adding to each jar:

2 heads of dill, 1 clove of garlic and  $\frac{1}{8}$  teaspoon alum.

Combine salt, water, vinegar and boil.

Fill the jars with the boiling liquid, add the leaf and seal.

Hot pack for 5-10 minutes. (Place in a large pot, just cover with water, bring to a boil and boil for 5-10 minutes. You can use a canning pot with a rack or use kitchen towels to separate the jars.)

## DAMMUMMY'S BREAD &amp; BUTTER PICKLES

Bread + butter pickles.  
 1/2 lb vinegar  
 3 cups sugar let come  
 to a boil — add 1 tablespoon  
 turmeric 1 tbs curry powder  
 1 tsp mustard 1 tbs spoon  
 flour. wet to mix with  
 vinegar. Boil until thick  
 12 cukes 12 onions sliced  
 stand over night with salt  
 2 or 3 tablespoons —

## PAULINE'S PICKLED PEACHES

Simmer for 5 minutes the following syrup:

4 cups white sugar

2 cups cider vinegar

2 or 3 cinnamon sticks

1 Tablespoon whole cloves

Add peeled peach halves or wedges.

Heat until the peaches are prickable.

Put into clean, hot jars and seal.

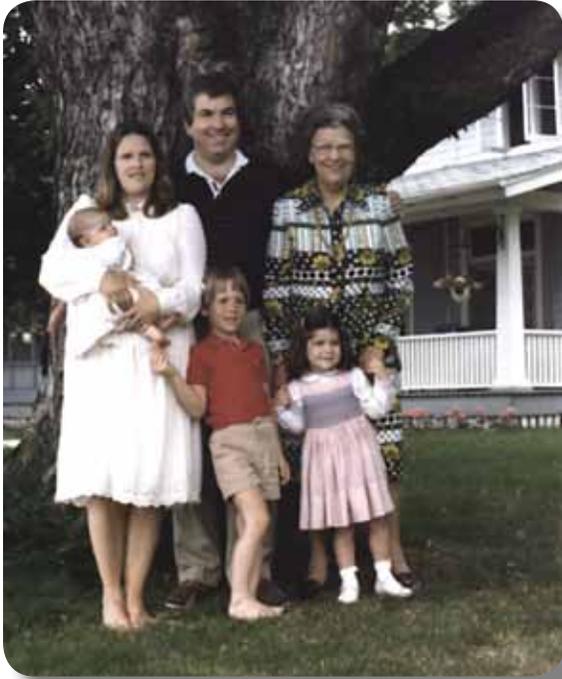
**These are great especially at Thanksgiving and Christmas dinner, but are good any-time of the year on vanilla ice cream. Even the juice left after the peaches are eaten is great on ice cream.**

Pauline always left a peach pit in each jar. I never quite understood why. I might have been for flavor.

David, Lara, John, Jenny, Betsy, Ted, Andrew,  
Emily, Holly  
missing: Claire and Robert



A whole generation of Pickled Peach lovers.



Pauline with the three of you, your Dad and me during the summer of 1982 at Bertie Bay.

## PAULINE'S CRUNCHY PECANS

1 cup sugar  
 ½ cup butter  
 2 egg whites  
 1 pound pecans  
 salt

Melt butter in jelly-roll pan in a 250°F oven. Beat whites stiff, beat in sugar, fold in pecans. Spoon mixture over butter. Continue to bake in 325°F oven for 30 minutes, stirring every 10 minutes and sprinkling lightly with salt. Cool. Store in an airtight container.

## PLAY DOUGH

Mix  $\frac{1}{2}$  cup salt with  
1 cup all-purpose flour and  
2 Tablespoons cream of tartar,  
Add 1 cup water,  
1 Tablespoon vegetable oil,  
and food coloring.

Cook on medium heat until dough is the right consistency —  
about 3–5 minutes.  
Store in a plastic bag in the refrigerator.

**I used to make all of your play dough.  
That way I knew what you were eating.**



Ted in his favorite jacket.

## BREAD BASKET

Mix together a dough of:

1½ cups salt

1¾ cups hot water and

4 cups all-purpose flour.

Roll out to ¼ inch thickness.

Cut strips and weave them into a basket shape on the outside of a bread pan. Braid an edge with dough strips.

Paint with egg, bake for 1 hour at 350°.

Let cool, remove from mould.

Paint the inside with egg.

Bake for an additional hour at 350°.



Emily with her pressure bandage after being stitched up following a bite from the corner of the kitchen drawer.

## SOAP

Cleanliness has gone in and out of style through the centuries and differs from culture to culture. Those who felt that the body was a gift from the gods took good care of it. Those who felt that the body was a temporary vessel for the soul often considered it to be evil and, therefore not to be indulged.

On top of a hill at Sapo near Rome, fat and ash built up at the base of the sacrificial altars. This fat and ash combined and worked its way down the hillside. The women washing their clothes at the bottom of this hill found that their wash came out cleaner than that done at other places.

Soap is made by chemically binding fat and lye. Fat can be either animal or vegetable in origin. The harder fats, such as beef and lamb fat and coconut oil, make harder, longer lasting soaps. Lye is the name used for a number of substances which are extremely alkaline. Sodium Hydroxide is caustic soda that is found in the drain cleaning section in the grocery store — Red Devil Lye is my choice for making soap. It has a good recipe on the container for soap. Be careful to buy 100% lye and not a drain cleaner which contains lye.

A weaker lye, which is good for making soft soap, and is historically authentic can be made by leaching water through hard wood ashes. Fill a wooden barrel with hardwood ashes, leaving a hole in the bottom and pour water through the ashes, catching the lye water in a bucket. It is deemed strong enough when an egg will float in it with an area the size of a quarter showing above the surface. The recipe that I have used is as follows:

Use 1 can of lye and 6 pounds of beef and sheep fat. Heat the fat to melting. The lye water will be very hot from the chemical reaction caused by the combination of the lye and water. (Be extremely careful with the lye, as it will eat your skin and eyes, just as it eats the fat in the pot!) The fat must be heated and the lye cooled until they reach the same temperature. This, I am sure, did not used to be an exact science, although modern recipes tell you to use thermometers. VERY SLOWLY pour the lye into the fat, always stirring, and always stirring in the SAME direction. In time you will witness SAPONIFICATION-the chemical binding of the fat and the lye. When it has reached the consistency of thick cream it is ready to be poured into wooden boxes, which are lined with cloth, or into half gallon milk cartons. The soap must be kept warm with blankets. You may cut it after it has hardened. Allow the new soap to cure for at least three months. The older the soap the better it is. Five years is not too long for soap to cure.

## VEGETABLE SOAP

44 ounces olive oil (weight)  
17 ounces coconut oil  
24 ounces Crisco  
10¾ ounces lye  
32 ounces water

NANA OFTEN SAID THAT CLEANLINESS  
IS NEXT TO GODLINESS

Mix lye with cold water in a heavy glass bottle.

Melt fats slowly.

Both lye and fat should be between 95°F and 98°F.

Pour the lye solution slowly into the moving fats.

Continue to stir slowly in one direction until it traces.

Do not change direction, or it will not work.

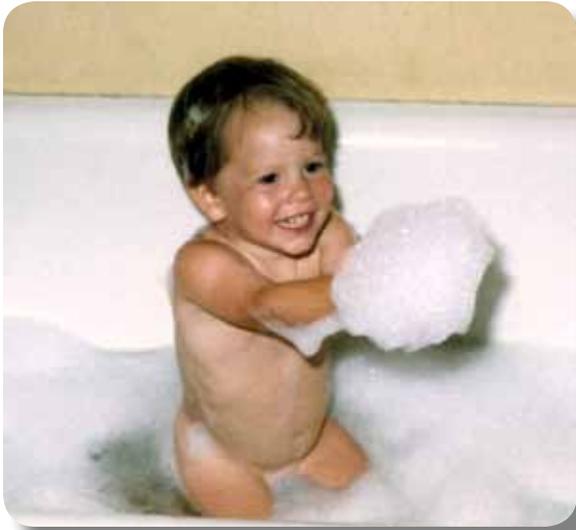
Pour into a cloth-lined box or milk carton.

Cover with a blanket and cardboard.

Remove in 24 hours and allow air to circulate around it.

This is quite good in a year, better in two.

**This is the soap that many have loved as a face soap.**



Ted in the tub at Overlook.



Emily in the kitchen sink at Grandma's  
at Turtle Creek, Florida.



Holly in the tub at Onchiota.

# PLANTS TO GROW AND TRICKS TO KNOW



My Rosemary back outside after the winter.

Grow Rosemary in pots outside in the summer and bring it in to spend the winter in a sunny window. It is particularly good with lamb and in breads.

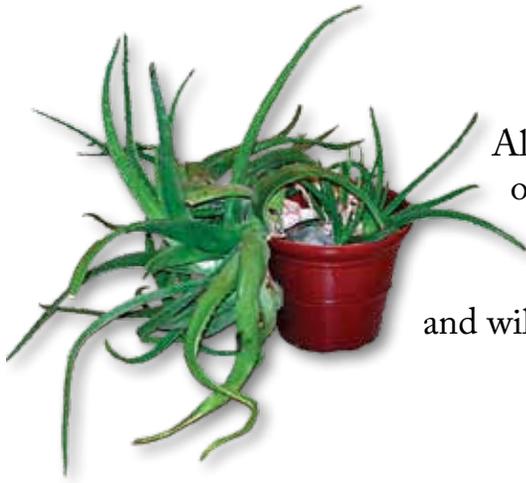
Lemon Thyme is my favorite thyme. I use it all summer and harvest the leaves for winter use. When buying thyme at a nursery, smell the leaves to tell if it is lemon or vulgar thyme. They look the same.

Basil does not dry well. Keep plants growing indoors all winter or harvest the leaves in the fall and freeze them for winter use.

Lovage is more like celery than celery and a great asset to soups and stocks. It is not easy to come by, even at garden centers. I suggest planting this perennial in your garden. Harvest the leaves and stems in the fall. Dry them in a paper bag for use during the winter.

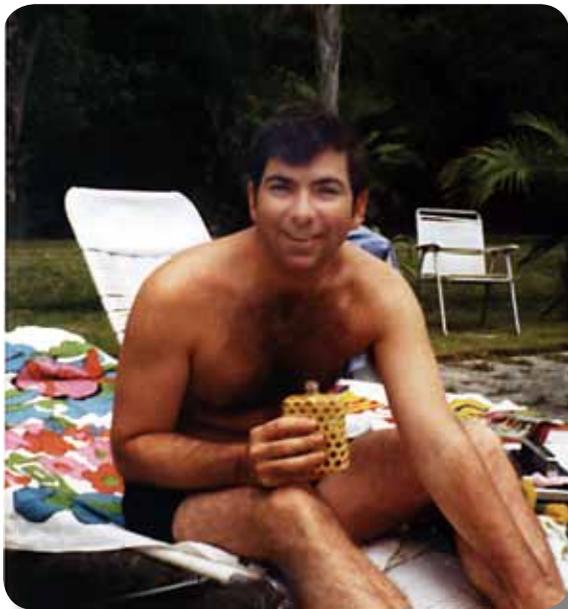


Lovage in our garden in Elma.



Aloe is essential when you burn yourself in the kitchen or outside in the sun. I always keep an aloe plant in the kitchen so that I can immediately dress any burns from cooking. It will take out the pain, and the red and will prevent blistering.

**This picture of your Dad was taken in April of 1973 just before he burned the front of both legs quite badly. They were bright red and cracking. We were visiting Dan Dan's Merritt Island home with Molly Davis (later Booth). I took him over to my Dad's**

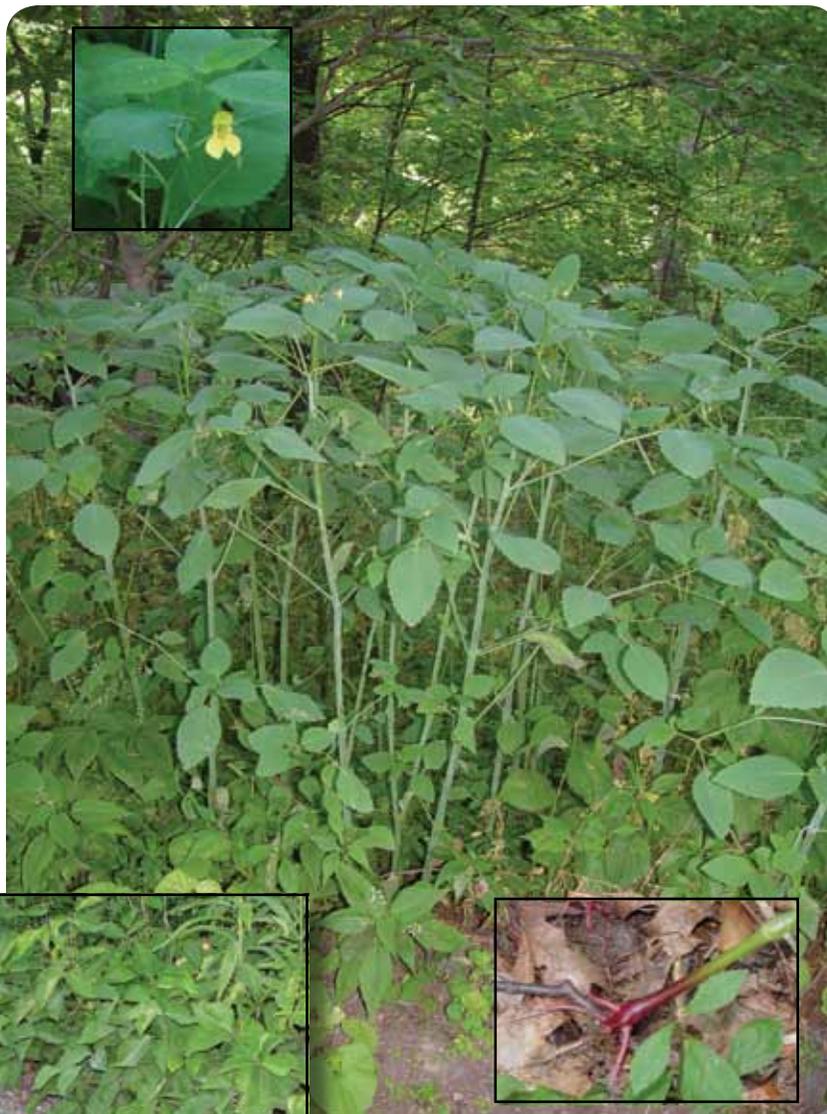


**cousin Mid Taylor's house a bit north on Merritt Island and cut a leaf off of one of the luscious aloe plants she had growing in her garden. I sliced the leaf open lengthwise to expose the most juice possible and aimed for his leg. He allowed as how I was never going to put that sticky looking stuff on his hairy legs. Needless to say I prevailed and his burns subsided almost immediately. He became a convert to what he had referred to as "witch medicine".**

## OTHER STUFF

Jewel Weed, also known as Touch-me-not is an essential woods' medicine. It cures poison ivy and bug bites. Dammummy learned about it from an Indian in the north woods of Ontario, presumably in Temagami. She had a very swollen cheek from a black fly bite. He took her out into the woods, found some jewel weed, sliced it open with his finger nail, handed it to her and said, "rub like hell". She did, the swelling subsided and the redness went away. Baah, as a physician, was never one for "witch medicine", but whenever anyone up in Abino Hills came to him for help with a case of poison ivy, he would send them to the swamp for jewel weed. He knew that it would take out the itch, the bumps and the redness.

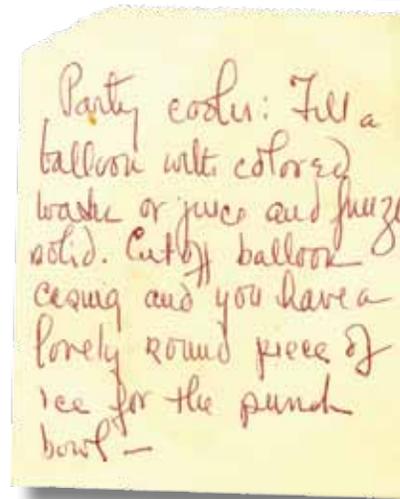
It worked better than anything on the market, prescription or not. If you think that you came in contact with poison ivy, put jewel weed on to prevent it from erupting. If you get it, do as Dammummy did.



Poison Ivy

Jewel Weed

This is NaNa's fun method of cooling a punch bowl. You can use this same method for making other ices, such as tea ice for iced tea or ice with herbs in it.



To cure a bed-wetting child give him or her 1 Tablespoon of honey before bed. Do not use this on babies, only on small children who are dry during the day, but have a problem making it through the night.

To remove salt stains from shoes or boots, make a mixture of half water and half white vinegar. Dab it on with a cotton rag or, if suede, a brush.

To clean copper wipe it with vinegar or lemon juice, sprinkle with salt and rub. Watch the chemical reaction. This is an easy and inexpensive way to clean copper.

To make vanilla extract put a vanilla bean in a ketchup bottle full of vodka and put it in the cupboard. In a couple of weeks you will have vanilla extract. Leave the bean in the bottle and as you use the vanilla add more vodka and an occasional vanilla bean.

## WHITE GLOVE

½ gallon Vanilla Ice Cream

1½ ounces creme de banana

1 ounce creme de cacao

Liquify the above in a blender and add more liquor to taste.

**This recipe came from Ed Schuster, the Chief Engineer of the *Detroit Edison*, one of the American Steamship ships that carries passengers. In September of 1979 we took a trip up the lakes on the *Detroit Edison*. Your uncles and aunts, John, Janet, Robert and Janie sailed from Buffalo to Toledo. Your uncle and aunt, Bill and Maggie, and Tony Morris, a friend of Bill's, and your Dad and I boarded in Duluth and sailed the upper lakes hopping between ports to load and unload. We finished our trip in Buffalo.**

Bill taking dictation as Ed Schuster gives us this recipe.

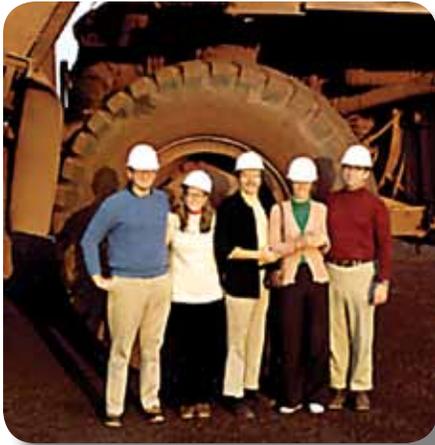




Your Mom on deck. Note the American Steamship stack in the background.



The Detroit Edison unloading at dusk at Marquette, Michigan.



Your uncle Bill, your Mom, Tony Morris, Maggie and your Dad. We took this picture in one of the Upper Michigan mines to show Ted a really BIG truck tire.



Ted's 4th birthday on the Detroit Edison, which spent the 1979-80 winter in Buffalo. Steve and Katie Schintzius, Phil and Jason Milch, Ted with Ed Schuster and Jock and Sarah Mitchell.

## OTHER STUFF

Your great grandfather John J. Boland was a shipping broker and a ship owner. Together with Adam Cornelius he founded Boland & Cornelius and American Steamship. When your Dad was a little boy Grandpa Boland often sent him with John and sometimes with Bill on a trip up the lakes. This gave his mother, your Grandma Constantine, a bit of a break and more time with her younger children. Your Dad also worked on the *McKee Sons* one summer while in college. He has fond memories of his time on the lake freighters. Amazing to me, your Dad and his siblings can identify any domestic freighter by its stack color and pattern.



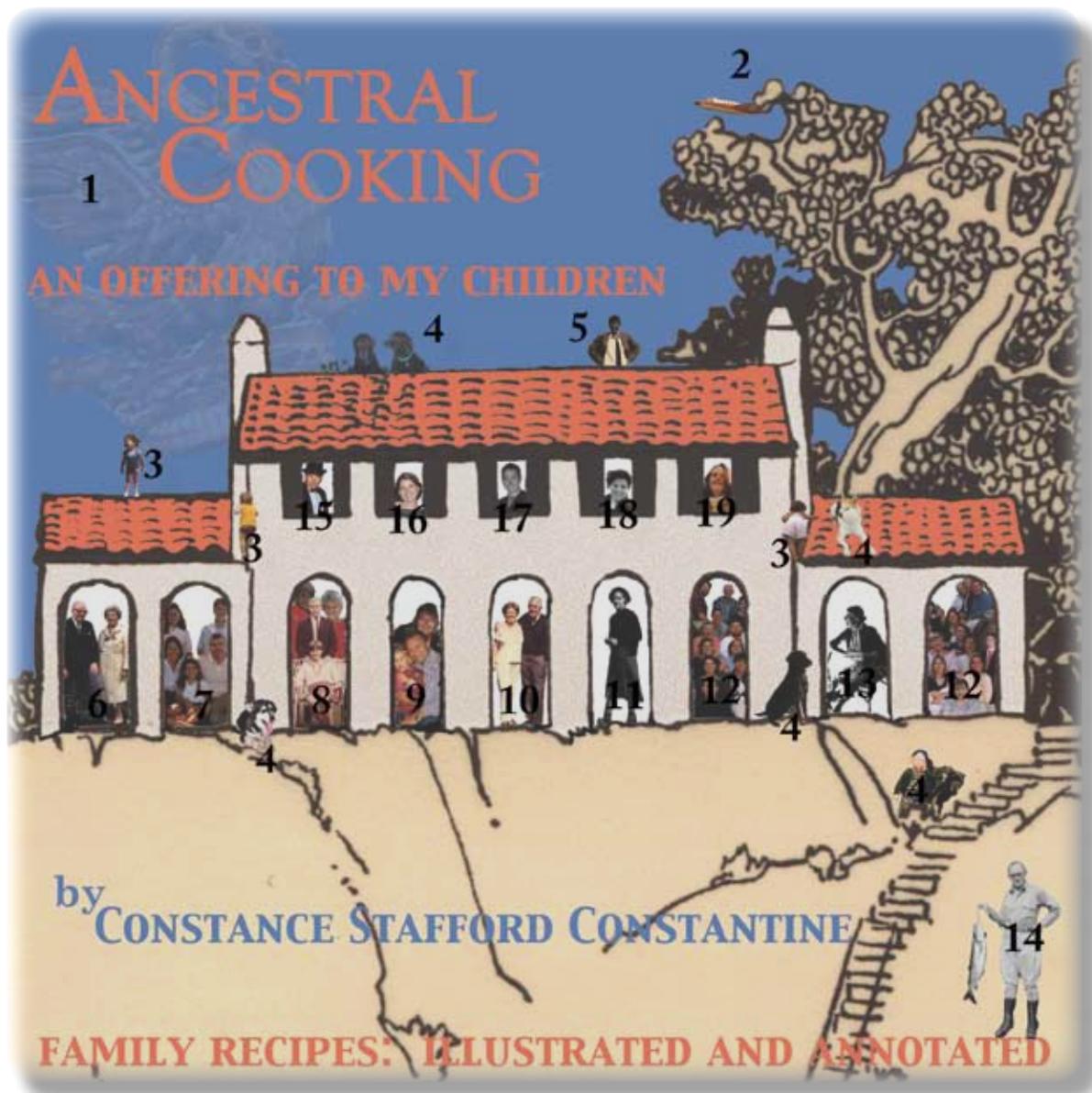
The Boland launches.

Elizabeth Boland Constantine, your Grandma, christening the John J. Boland on May 9, 1953 in Manitowoc, Wisconsin, where it had been built



John J. Boland in the middle flanked by his family  
grandson John III (Butch), his son John Jr., granddaughter Ann  
JJB  
John Jr's wife Eleanor, his daughter Elizabeth and her husband Walter Constantine (your Grandma and Grandpa).

# KEY TO THE COVER





**1—The Stafford Crest. I scanned Baah’s signet ring, tweaked the image and faded it into the background.**

**2—N1170CS. This is NaNa and Baah’s last airplane. It was a Jet Commander.**

**3—These are pictures of the three of you, Ted, Holly and Emily, climbing on the rocks at the base of the hill at Abino Hills.**

**4 —These are our various dogs.**

**Hops and Abby (Abino) are the black Labs on the roof.**

**Odin, Ted’s Husky•Malamute•Wolf is on the lower roof.**

**Zoji, Ted’s Giant Malamute is between 7 and 8.**

**Smokey, our first Lab and a great hunter is between 12 and 13.**

**Rhett, the Great Dane with whom I grew up, is with me, when I was 3 or 4 years old, on the stairs to the beach.**

**5—This is my father, Baah, Walter Fleming Stafford Jr. He was about 20 when this picture was taken.**

**6—Grandpa and Grandma Constantine, Walter Edwin Constantine and Elizabeth Boland Constantine. This was taken in June 1979 at the time of their 40th wedding anniversary.**

7 – Our family taken during the summer of 1989.

8 – My brother Taz and Sue the summer of 1967, backed by a photo of their children Brandon and Ben taken many years later.

9 – My brother Reid with his daughter Amy, backed with a contemporary photo of Reid’s wife and Amy’s mother Denise.

10 – My mother, NaNa, Helen Constance Wilmsen Stafford with her father, Joseph Louis Wilmsen, known to me as “Gran”.

11 – Helen Woodward Rivas, NaNa’s mother.

12 – This photo, which I split to put into two doorways, was taken during the weekend of Grandma Constantine’s memorial service, July 1999. Her children, grandchildren, great grandson and cousins are all sitting in the stairway to the beach at Bertie Bay. Your cousin Robert was out of the country so I added him on the far right.

13 – Dammummy, Mildred Blackie Knapp Stafford, my grandmother serving tea in the Breakfast Porch. She was sitting in this window and the photo was taken in the same room from the inside.

14 – My grandfather, DanDan, Walter Fleming Stafford, in his north country fishing garb.

**15 – Your Dad, Walter Edwin Constantine Jr, dressed to judge Halloween costumes on Irving Place around 1985.**

**16 – Emily during the summer of 1999.**

**17 – Ted during the summer of 2000 as he is presenting the newly created Stafford-Georger trophy at the Buffalo Canoe Club.**

**18 – Holly taken by her Bates College friend Eliza Sprecher in 1998 or 1999.**

**19 – Your Dad took this picture of me during the fall of 1978 in Delaware Park in Buffalo.**

I wrote this book as a gift for my children on the occasion of my 50th birthday. It is the recipes that I thought they should have together with the stories and photographs that explain and illustrate them. 100 copies were originally printed for distribution. Many recipients have remarked upon having stayed up late into the night reading this book. There have been many requests for more copies. Hence, this printing.

This is a gift of love. I pass on some of my knowledge of our ancestors to our descendants and friends.

With love,

CSC

