

Mom & Aunt Alice's

Wilted Lettuce

Dressing ©

Wilted Lettuce is an old-fashioned dish, often to be considered German or Pennsylvania Dutch in origin. It consists of a hot dressing made quickly out of bacon drippings, sugar, and vinegar. The hot dressing gets tossed over leaf lettuce where it lightly wilts the lettuce from the heat of the dressing. Alice was only 9 years old when Mom taught her how to make this. Surely this recipe came from Grandma Hornung and who knows how many generations it is.

INGREDIENTS:

2 tbsps. - "MeatFryings" [**] 2 tbsps. - All Purpose Flour
1/4 Cup - Vinegar [**] 3/4 Cup - Water
1 tsp. - Sugar (to taste)

DIRECTIONS:

1.) Place all ingredients in a small saucepan. Over "low heat", stir gently for about 2 minutes.

Be careful not to burn or scorch.

2.) Serve over Fresh Garden Leaf Lettuce or Dandelion Greens. - Good with most types of Lettuce.....

Note: "Meat Frying's" are drippings from bacon cooked in a skillet. Be sure to buy bacon from a Meat Market that slices their own bacon. Commercially packed bacon has too many additives. It leaves a strong, bitey taste.



Ken's Meat Frying's



In cooking, drippings or pan juices (we called them "fryings") are the juices that accumulate at the bottom of the pan when you are roasting, frying, or sautéing meat. When drizzled on boiled potatoes and diced onions, it is a dish with taste galore. It is used for cooking, especially in British cuisine, significantly so in the Midlands and Northern England. Even though both my grandmas used it, maybe Grandma Croy who was a Williams with ancestors close to that area.

INGREDIENTS:

1/2 lb. bacon (Do not buy pre-packaged. Buy only bacon processed by a local meat market. It will not contain all the additives of packaged bacon which gives the drippings a bitter, strong taste.

DIRECTIONS:

1.) Cut slices in half and cover the bottom of Your skillet and cook. Reserve the liquid from Each skillet. Continue till all the bacon is cooked. Drain the bacon, save for other use. The liquid remaining in the skillet is now "Meat Fryings". If you plan to use it later, it retains flavor for up to a month. Stores great in an old-style thick coffee cup or mug.



Cover with wrap or foil. No plastic taste with foil.

Ken's Bouquet Garni



Bouquet Garni is French for garnished bouquet. It is a classic herb mixture used for preparing Stocks, Soups, Casseroles, Meats, and Vegetables. The traditional combination is Parsley, Thyme, and Bay Leaf, but you may also find recipes that include other herbs such as Rosemary, Basil, Chervil, Peppercorn, and Tarragon. You can make a Bouquet Garni with fresh or dried herbs.

If using FRESH INGREDIENTS:

- 1 - sprig of flat Parsley *** 2 - sprig of fresh Thyme
- 1 - Bay Leaf *** Optional: 1 tbsp. Fresh Rosemary

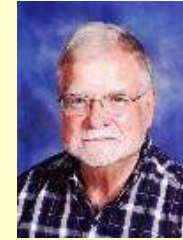
If using DRIED INGREDIENTS:

- 1/4 cup - dried Parsley *** 2 tbsps. - dried Thyme
- 2 tbsp. - dried, ground Bay Leaf or 2 whole dried Bay Leaf
- Optional: 2 tbsps. Dried Rosemary

DIRECTIONS:

- 1.) If herbs are fresh, the combination is secured with a bit of cooking twine, while cheesecloth is generally used to wrap the dried herbs, and the bundle is secured with cooking twine.
- 2.) Using a Bouquet Garni instead of simply adding the herbs to your dish helps with flavor, texture, convenience, and presentation. Fresh herbs will get soggy and often discolor when left to cook for a long time, and dry herbs are not the most attractive when floating at the top of a finished dish. Bundling the herbs, fresh or dried, makes for easy removal.

Ken's Meat Base Mixture



Ken's Meat Base Mixture is great for several ground meat recipes. You can save time by preparing ahead and can freeze for later use. I am not sure where the original version originated, but this is my version after adding some items.

INGREDIENTS:

- 1 - lb. - Fresh Bulk Sausage [***] 1 1/2 lbs. - Hamburger (lean)
- 2 tsps. - Cilantro divided [***] 1 tsp. - Garlic Salt (level)
- The next 3 items should be chopped finely.
- 2 cups - Medium Sweet Onion [***] 2 cups - Green Bell Pepper [***] 2 cups - Celery

HINT: Sliced fresh Mushrooms are optional, Depends on the dish, and your taste. Add them thoughtfully, not just because you like them.

DIRECTIONS:

- 1.) Brown Sausage and Hamburger in a large skillet with 1 tsp. Cilantro added, till done. (Crumble as fine as possible as it cooks.) Remove from skillet and drain on paper towels, lightly pressing from the top with another paper towel to remove as much grease as possible.
- 2.) Wipe skillet with paper towel to remove excess grease (do not wash) return Meat mixture to skillet along with Garlic Salt, 1 tsp. Cilantro, Sweet Onion, Green Pepper, and Celery, mixing as you add. Cook over low heat till vegetables are done, stirring frequently.

Mmmmm Good! Croy Boy Cooking.

Aunt Chloe's Pickle Vinegar Dressing ©



Hazelton Family

Aunt Chloe used her Pickle Vinegar dressing on Summer Evening Meal, a depression era meal. No mention of it being an original recipe of hers or from her mother, Grandma (Williams) Croy

INGREDIENTS:

2/3 cup - Sweet Pickle Juice

2 tbsps. - Distilled White Vinegar



DIRECTIONS:

1.) In a bowl, mix all the ingredients together thoroughly.

HINT: Can be stored in an airtight container in the refrigerator for up to 2 weeks before use.