

Edward Thoma's Red Cabbage Recipe



Not sure how many generations the Red Cabbage recipe existed in. Edward's mother, Nellie

(Beddle) Thoma used to make it, it could have been a Thoma or a Beddle family recipe. Either way, the Croy family thanks them for a fantastic addition to our family table.

INGREDIENTS:

- 1 Medium to Large head - Red Cabbage
- 1 Medium - Granny Smith Apple [**] 1 Cup - White Sugar
- 1 16oz. bottle - Apple Cider Vinegar
- 4 - 6 Strips - Bacon, cooked & crumbled
- 1 heaping tbsp. - Corn Starch

DIRECTIONS:

- 1.) Prepare Bacon in large pan (4 - 6 qt. size) cook, till crisp and remove from pan, retain at least 3 tbsps. Bacon grease in the pan.
- 2.) Shred Cabbage fine to medium, removing the Core. The Granny Smith Apple does not need to be peeled, but core and dice small.
- 3.) In pan with Bacon grease, add shredded Cabbage, crumbled Bacon, and diced Apple.
- 4.) Using a dry 1 cup measure, put in $\frac{3}{4}$ cup White Sugar. Slowly pour Vinegar over Sugar until vinegar is about $\frac{1}{4}$ inch above the Sugar. Stir and add to Cabbage & Apple pan. Put on lid and over medium heat, bring to simmer, continue to simmer till Cabbage & Apple are tender. A cup of water may be added if liquid is needed.
- 5.) In a 1 cup measure, add $\frac{1}{4}$ cup Sugar, $\frac{1}{8}$ cup Vinegar, and $\frac{1}{4}$ cup Water. Stir in heaping tbsp. Corn Starch until smooth. Slowly add to Cabbage & Apple mixture, stirring constantly until completely incorporated. Serve hot.

Recipe# veg 01

Page 1

Ken's Spinach Loaf & Mushroom Sauce



The Road 8 garden had spinach, so the time frame probably was when living on Road 8. This recipe should be in everybody's recipe collection, being a very tasty dish.

INGREDIENTS: 2 lbs. - Spinach (fresh, stems removed)

$\frac{1}{2}$ cup - Green Onion, chopped

9 tbsps. - Butter, divided [**] 4 large Eggs

2 cup - Half & Half divided [**] $1 \frac{1}{4}$ tsps. - Salt divided

$\frac{1}{4}$ tsp. - Pepper divided [**] $1 \frac{1}{4}$ tsps. - Nutmeg

$\frac{2}{3}$ cup - plain Breadcrumbs [p**] 3 tbsps. - "All Purpose" Flour

$1 \frac{1}{2}$ cups - Parmesan Cheese, grated

8oz. Fresh Mushrooms (thinly sliced)

DIRECTIONS:

- 1.) Place Spinach with water that clings to leaves from washing in Dutch oven. Steam covered over medium heat until limp, about 4 minutes. Press out excess moisture in strainer, chop.
- 2.) In a skillet melt 3 tbsps. Butter, Sauté Green Onions until Onions are transparent (about 3 minutes). Combine Eggs, Half & Half, Salt, Pepper, and Nutmeg in a large Bowl, stirring well. Stir in Spinach, Onions, Breadcrumbs, and Parmesan Cheese. Spoon mixture into well-greased baking dish, (9"x5"x3"). Place into larger baking and fill larger pan with hot water until water is level with Spinach loaf in baking dish. Bake until knife inserted in center comes out clean, about 1 hour. Remove baking dish with Spinach Loaf, from water in pan, let stand ten minutes.
- 3.) Un-mold Spinach Loaf onto serving platter. Serve with Mushroom Sauce spooned in a narrow strip lengthwise across middle of loaf.

MUSHROOM SAUCE: 1.) Sauté mushrooms with 3 Tablespoons Butter in a small skillet over medium heat until tender, about 3 minutes or less.

2.) Melt 3 Tablespoons Butter in a 1 qt. saucepan over medium heat, stir in Flour, Salt, and Pepper. Cook and stir for 2 minutes, gradually add Half & Half. Cook, stirring constantly until mixture thickens, about 5 minutes. Stir in Mushrooms.

Recipe# veg 03

Page 3

Ken's Boiled Potatoes

with "Meat Fryins"



Meat Fryings are what is left from frying bacon in a skillet. Surely both my grandparents fixed potatoes this way. My mother did and was thoroughly enjoyed when served.

INGREDIENTS:

- 6 small - Red Potatoes
- 1 small - Vidalia onion (chopped)
- 4 tbsps. - "Meat Fryins"

DIRECTIONS:

- 1.) Wash do not peel Potatoes. Quarter and boil 5 minutes. (Lightly salt)
- 2.) Serve on two plates, crush do not mash, 12 Potato pieces on each plate. Sprinkle half of the diced Vidalia onion on the potatoes on each plate. Spoon 2 tbsp "Meat Fryins" over Potatoes on each plate.

"Meat Fryins" 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 package Bacon which gives the drippings a bitter, strong taste.

"Meat Fryins" 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 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.

Croy Boy Cooking. Mmmmm Good! 1941 - till?

Ken's Creole Style Lima Beans



Servings: 8 * Serving size: 1 cup * Preparation time: 2 hours
Lima beans, also called butter beans, are super healthy and flavorful. Growing Okra in the Road 8 garden gave birth to Creole and Gumbo style dishes. The exact origin of this recipe is also unknown. This is my version.

INGREDIENTS:

- 1 lb. - Lima Beans *** 8 slices - Bacon
- 1/2 cup - Green Pepper (chopped) *** 1 cup - Onion (chopped)
- 2 tsps. - Yellow Mustard *** 2 tbsps. - Brown Sugar
- 1 tbsp. - Worcestershire Sauce *** 2 tbsps. - Okra, (sliced)
- 1 tbsp. - All Purpose Flour *** 1/4 tsp. - Pepper *** 1 tsp. - Salt
- 2 cups - Tomato (raw, peeled, seeded & chopped)

DIRECTIONS:

- 1.) Place beans in large pan and cover with water, bring to a boil, boil for 2 minutes, cover and let stand for 1 hour, then return to stove and cook till tender, set aside.
- 2.) Cook Bacon in large skillet until crisp, drain and crumble. In the same skillet sauté Onion and Green Pepper till tender, about 5 minutes, blend in Flour and the rest of the ingredients, except the Tomatoes. After skillet mixture is well blended mix in Tomatoes and simmer 10 minutes.
- 3.) When skillet mixture is done simmering, mix into the large pan with the cooked Lima Beans. Serve in warm serving dish.