

BUILD

BLACKS UNITED IN LEADERSHIP & DIVERSITY

**JUNETEENTH CELEBRATION RECIPIES
JUNE 17, 2021**

**BAKED PORK CHOPS
BEATEN BISCUITS- OLD FASIONED STYLE
CORN MEAL GRIDDLE CAKES
CORN MEAL PUDDING HARLEM STYLE
HAM HOCKS AND COLLARD GREENS
CORN FRITTERS
PANCAKES-OLD FASIONED STYLE
SOUR MILK PANCAKES
PUMPKIN PIE
CORN PUDDING
RHUBARD PIE WITH CRUST
RIBS
SOUTHERN YEAST BUSCUITS
SWEET AND HOT MEAT SOUCES
SWEET POTATO PIE-NORTHERN STYLE
SWEET POTATO PIE- SOUTHERN STYLE**

RECIPE-PORK CHOPS

INGREDIENTS

6 to 8 pork chops
¼ cup flour
2 large onions
1 tbs. prepared mustard
1 green pepper
2 tsp. grated lemon rind
2 tsp. salt and pepper
2 tsp. paprika
2 tsp. celery and garlic salts to taste

Directions

Cover chops with mustard. Sprinkle with pepper, seasoned salts, paprika, and flour. Brown in a heavy skillet, in a small amount of fat. Place in flat baking dish. Cover with onion and green pepper rings, water and lemon rind. Bake in a slow oven (325°) for about 45 minutes. Potatoes may be baked at the same time.

INTERMEDIATE CHALLENGE

“Poketown people,” those living in small, all-Black villages on the Eastern seaboard on down into Mississippi (see page 162), prepared pork chops in what might seem extravagant styles for poor folks.

“Saturday Night and Sunday Too”

By J Mason Brewer

Saturday night and Sunday too,
True love on my mind;
But Monday mornin’ good and
soon,
The White man’s got me goin’.

Redbird sittin’ on a sycamore limb,
singin; out his soul;
A big black snake crawled up that
tree
And swallowed that poor boy whole.

Bluejay pulled a four-horse plow,
Sparrow, why can’t you?
“Because my legs is little and long
And they might get broke in two.”
Wild geese flyin’ through the air,
Through the sky of blue;
They’re now a-floatin’ where the
south wind blows,
So why not me and you?

RECIPE-BISCUITS

Beaten Biscuits-Old Fashioned Style

INGREDIENTS

2 cups flour
½ tsp. Salt
½ cup shortening
1/3 cup milk

DIRECTIONS

Measure and sift dry ingredients into mixing bowl. Measure shortening, then milk. Cut shortening into flour as in biscuit making. Add milk gradually. Mix thoroughly, making a stiff dough. Flour board or block. Put dough on board and knead for about 5 minutes. Beat dough with smooth wooden stick for 20 minutes-about 1,000 strokes. Beat dough until flat. Fold and continue beating hard as possible. Roll dough to 1/3-inch thickness. Fold and roll ½ inch thickness. Cut the dough with biscuit cutter. Prick each biscuit with fork three or four times. Place on oiled baking sheet ½ inch apart. Bake at 375°, 25 minutes or until light brown. Serve hot or cold. Yield: 24 biscuits.

INTERMEDIATE CHALLENGE

Hot biscuits, with gobs of melted butter and honey-now that's soul food! The Carolinas get the credit for these Colonial-times recipes.

RECIPE-HOECAKE

Corn Meal Griddle Cakes-Farmer's Style

INGREDIENTS

- ¾ cup corn meal
- 1 or 2 eggs
- ¾ cup flour
- ½ tsp. sugar
- 1 tsp. soda (baking soda)
- ½ cup hot water
- 1 tsp. sugar
- 1 ½ cups sour milk

DIRECTIONS

Scald meal with hot water. Add flour and salt. Beat eggs well. Add to corn meal. Put soda in milk and add to corn meal mixture. Beat well. Bake on hot griddle as pancakes. (Sweet milk may be used by omitting soda and adding 1 tsp. baking powder).

BEGINNERS CHALLENGE

Hoecake, with collard greens, ham, and yams, make a grand meal, as captured so intimately in the poem “Hoecake an’ Hominy” on page 294

“Hoecake an’ Hominy”

By: Anonymous

Hoe’cake an’ hominy,
Pass dem collahd greens.
Spill dat gravy ovuh me-
Lak fo’ tas’e dem beans.
Stomach ‘low mah th’oat done cut,
Bin so long ‘tween meals,
Jes’ could eat dat whole ham butt,
Dat’s de way I feels.
Co’n pones, I lubs yuh so,
Yams, you is mah frien’s,
Bacon rin’s, come on, le’s go!
Hope dis nevuh ends.

RECIPE-CORN PUDDING

Corn Pudding-Harlem Gourmet Style

INGREDIENTS

2 cups grated corn cut from cob, or 1
NO 2 can creamed corn
1 quart milk
1 tsp. salt
dash mace or nutmeg
4 eggs
3 tbs. melted butter
2 tbs. sugar
1 tsp. celery salt

DIRECTIONS

Beat egg yolks. Add sugar, butter and milk. Beat well again. Mix with corn and spices. Beat egg whites until stiff and fold into egg yolk mixture. Place in a greased casserole. Set in oven to bake at 350° for about 1 hour. If pudding browns too fast, place a piece of heavy brown paper (brown butcher paper) on top. Serves 6

INTERMEDIATE CHALLENGE

In the ante-Bellum days when the above recipes were created, people creamed their own corn. Today, it comes in cans. Here are two famous old recipes, one of them updated by Harlem chefs.

RECIPE-HAM HOCKS AND COLLARD GREENS

INGREDIENTS

9 lbs of collard greens
6 medium-sized smoked ham hocks
3 quarts of water
Crushed red pepper
2 fresh hot peppers

Directions

Slice the leaves off stalks of collard green. Wash the leaves thoroughly in salted cold water to remove the sand. (Usually, two or three such washings are required.) Rinse in unsalted water. Cut leaves across into three slices and soak for at least one hour.

Rinse smoked ham hocks. Place in three quarts of water. Sprinkle with crushed red pepper, or two fresh hot peppers. Cover and cook for 2 ½ hours. Mix lightly once or twice to turn greens so that all cooks evenly.

BEGINNERS CHALLENGE

With the “best parts” of the hog reserved for their white masters, the slave put his unique talents to work and evolved this epicurean delight. It was soon borrowed by the “po’ whites”, and later by everyone.

Time was in the not too distant past, when ham hocks were considered as “poor folks’ eatin’.” At today’s prices, however, ‘tain’t necessarily so. Ham hocks can be prepared in number of ways that are economical and tasty, as well as eye-appealing. They may be boiled, cut from the bone after boiling, and used in ham salad or for creamed ham; or ground and made into patties, croquettes or hash. The juice in which the meat is cooked should be saved and stored in the refrigerator for later use as stock for soups and gravies.

The collard, for the benefit of our white readers, is a variety of kale native to the southeastern part of the United States.

RECIPE-CORN FRITTERS

INGREDIENTS

1 cup canned corn
3/4 cup flour
1/2 tsp. salt
2 tbs. butter
2 tsp. baking powder
1 tsp. sugar
dash nutmeg
1 egg

DIRECTIONS

Sift dry ingredients. Add corn and egg; then melted butter. Mix well. Drop in deep hot fat with teaspoon. Fry 8 to 10 minutes until brown.

BEGINNER CHALLENGE

Like his poor white counterpart, the Black farmer's indispensable crop was corn. Although he did not enjoy the convenience of buying canned corn, fritters were always a favorite—at breakfast, dinner or supper.

RECIPE-CANDIED YAMS

INGREDIENTS

6 medium-sized yams
6 cups of water
3 cups of sugar
4 tbs. butter
1 ½ tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg

DIRECTIONS

Wash yams, cover with water and bring to a fast boil. Cook 5 minutes longer. Drain and cool. Place in 4-quart saucepan. Add sugar, spices, butter and water. Cook uncovered for 1 ½ hours until thick syrup has almost cooked away.

BEGINNER CHALLENGE

The ex-slave, Granddaddy, tells us, on page 29, that yames can't compare to sweet potatoes. "Dem roots dey call yams ain' no better'n b'iled Orrish 'taters, wid sweeten' water po'd over 'em," he adds

RECIPE-PANCAKES

Old-Fashioned Pancakes

INGREDIENTS

- 2 eggs beaten
- 2 tbs. melted fat or butter
- 2 cups of milk
- 2 tsp. sugar
- 2 cups flour
- 2 tsp baking powder
- 1 tsp. salt

DIRECTIONS

Beat eggs well. Add milk, fat, and dry ingredients which have been sifted. Grease hot griddle of skillet with butter. Serves 6

BEGINNERS CHALLENGE

You haven't tasted the real thing until you've sampled great Grandmother's pancakes. "Modern" doesn't always mean "best" - as this recipe from the rural South of yesteryear indicates.

RECIPE-PANCAKES

Sour Milk Pancakes

INGREDIENTS

2 cup flour
½ tsp. salt
1 ¼ tsp. baking powder
dash of nutmeg
2 eggs
2 tbs. butter
2 tbs. sugar
2 cups sour milk
pinch of soda (baking soda)

DIRECTIONS

Mix and sift dry ingredients. Add milk and eggs beaten together with melted butter. Beat well. Grease a hot griddle or skillet with butter. Pour on a very thin layer and bater. Make each cake about 5 inches in diameter. Brown on each side. Spread each pancake with jam or jelly, or sprinkle with powdered sugar. Roll while hot. Pancakes may also be rolled plain and served with syrup.

BEGINNERS CHALLENGE

You haven't tasted the real thing until you've sampled great Grandmother's pancakes. "Modern" doesn't always mean "best" - as this recipe from the rural South of yesteryear indicates.

RECIPE-PUMPKIN PIE

INGREDIENTS-PIE CRUST

2 cups sifted flour
1 tsp. salt
1 tsp. vinegar
cold water
2/3 cup of shortening
½ tsp sugar
pinch, baking powder

INGREDIENTS-PUMPKIN PIE

2/3 cup brown sugar
½ tsp. salt
1 tsp. cinnamon
½ tsp. ginger
½ tsp. cloves
2 eggs
1 ½ cups milk
½ cup pancake or maple syrup
1 ½ cups canned pumpkin
1 tsp. lemon juice

DIRECTIONS-PIE CRUST

Sift flour, sugar, salt, and baking powder. Add shortening. Cut in with fork or use pastry blender. Pour the vinegar and water into the flour mixture, a few drips at a time, miking with fork until it will hold together. Chill. Roll out as quickly as possible. Makes a double crust for one 9-inch pie or 2 pie shells.

DIRECTIONS-PUMPKIN PIE

Mix sugar and spices, add eggs, beat slightly. Add remaining ingredients. Blend well. Pour in 9-inch pie pan lined with unbaked pastry. Bake in hot oven (400°-425°) 1 hour or until a silver knife comes out clean.

DIFFICULT CHALLENGE

“Pumpkins” have always been part of soul food lore. Granddaddy, on page 29, tells us they are inferior to sweet potatoes. One of the funniest pre-civil war stores, “Alphie hatches a donkey” (page 54), depicts little Alphie attempting to hatch a baby donkey from a pumpkin.

“Alphie Hatches a Donkey”

By Anonimous

Grandma, bending over a large tub of laundry, was trying to be patient with her grandson, Alphie, age five, who repeatedly interrupted her labors with his nagging request for a baby donkey. At last [sic] she painfully straightened her weary back and faced the little boy. “Alphie,” she said with a slight smile, “you go on ovuh to de punkin patch an’ hatch yo’s’e’f out a dokey—jes’ lak a chicken hatches out a aig.” A wide grin spread across Alphie’s face and he raced to the garden, seated himself on a ripe pumpkin and hummed a little tune as he waited for it to hatch a donkey. A half hour passed with no signs of life stirring within the pumpkin, and Alphie grew impatient. But as the time lengthened into an hour he finally jumped up, disgusted and disappointed. Aiming a kick at the pumpkin, he sent it careening off to one side where it rolled down an incline, hit a rock and was shattered by the impact. The commotion startled a rabbit. It jumped high in the air and then took off, in great, bounding leaps. “Hey, git on back heah, li’l donkey!” yelled Alphie, giving chase, “I’s yo’ mammy!”

RECIPE-CORN PUDDING

Corn Pudding-Harlem Gourmet Style

INGREDIENTS

2 cups grated corn cut from cob, or 1
NO 2 can creamed corn
1 quart milk
1 tsp. salt
dash mace or nutmeg
4 eggs
3 tbs. melted butter
2 tbs. sugar
1 tsp. celery salt

DIRECTIONS

Beat egg yolks. Add sugar, butter and milk. Beat well again. Mix with corn and spices. Beat egg whites until stiff and fold into egg yolk mixture. Place in a greased casserole. Set in oven to bake at 350° for about 1 hour. If pudding browns too fast, place a piece of heavy brown paper (brown butcher paper) on top. Serves 6

INTERMEDIATE CHALLENGE

In the ante-Bellum days when the above recipes were created, people creamed their own corn. Today, it comes in cans. Here are two famous old recipes, one of them updated by Harlem chefs.

RECIPE-RHUBARB PIE

INGREDIENTS-PIE CRUST

2 cups sifted flour
1 tsp. salt
1 tsp. vinegar
cold water
2/3 cup of shortening
½ tsp sugar
pinch, baking powder

INGREDIENTS-RHUBARG PIE

3 cups of rhubarb
2 tbs. flour
2 beaten eggs
dash of salt
1 ¼ cups sugar
1 tsp. butter
¼ tsp. nutmeg

DIRECTIONS-PIE CRUST

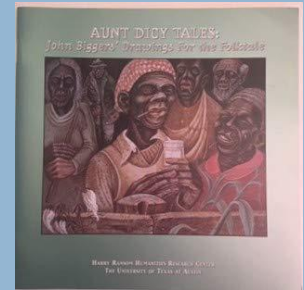
Sift flour, sugar, salt, and baking powder. Add shortening. Cut in with fork or use pastry blender. Pour the vinegar and water into the flour mixture, a few drips at a time, miking with fork until it will hold together. Chill. Roll out as quickly as possible. Makes a double crust for one 9-inch pie or 2 pie shells.

DIRECTIONS-RHUBARB

Peel rhubarb and cut into small pieces. Add spices. Line pie pan with plain pastry. Mix flour, salt, sugar, eggs and butter. Add to rhubarb and pour into crust. Cover with top crust. Press edges together and trim. Bake in a quick oven (375°-400°)15 minutes. Reduce heat to 350°. Bake 30 minutes. Makes one 9-inch pie.

DIFFICULT CHALLENGE

The most frequent complaint about baking rhubarb pie is that “it never turns out just right.” This one, adapted from an old “Aunt Dicy” recipe (See “Aunt Dicy Tales,”) is about as foolproof as a recipe can be for pie crust, use recipe on page 434.



Aunt Dicy Tales, by J. Mason Brewer, provides an insight to a newly freed slave, but we are also introduced to an endearing (and we believe enduring) woman who emerges as one of the most dominant characters in Negro folklore. A former slave, Dicy Johnson, refused to chop cotton for her former master so, together with her husband and three small children, she struck out on her own. The strong-willed, snuff dipping young Dicy made a home for her family and managed to earn and save enough to buy a farm; later, to send her daughters to college.

RECIPE-RIBS

BARBECUED RIBS CHICAGO GOURMET STYLE

INGREDIENTS

5 fresh spareribs
salt, pepper, paprika to taste
2 onions, quartered
5 garlic cloves, crushed
1 lemon juice and grated rind
2 tbs. brown sugar
2 tbs. Worcestershire sauce
1 cup tomato catsup
2 tbs. pepper sauce
2 tbs. chili powder
1 tsp. leaf thyme
1 tsp. cumin seed
1 tsp. paprika
2 tbs. hickory salt
1 cup water
¼ cup prepared mustard
2 tbs. butter or bacon fat
1 can tomato sauce
1 tsp. sweet basil
1 tsp. celery

DIRECTIONS

Wipe ribs with damp cloth and cut into individual servings. Sprinkle as above, with salt, pepper, and paprika. Then place all the other ingredients in a large frying pan and simmer for about a half hour at the most. When the sauce has cooled, place ribs in large shallow flat dish and marinate with the sauce on both sides. (If the ribs are barbecued on a pit, do not cut them into individual serving pieces but barbecue them in slab form.)

DIFFICULT CHALLENGE

OH FREEDOM, OH FREEDOM!
BEJO' AH'D BE A SLAVE
AH'D BE BURIED IN MAH GRAVE
AN' GO HOME TO MAH JESUS AN'
BE SAVE.

RECIPE-BISCUITS

Southern Yeast Biscuits

INGREDIENTS

5-6 cups flour
¼ cup warm water
2 tsp. Salt
1 tbs. sugar
½ cup shortening
2 cups milk
1 egg
¼ cup shortening
1 yeast cake (1 pkg of yeast)
2 tbs. melted butter

DIRECTIONS

Scold milk, add shortening and sugar. Cool. Dissolve yeast in warm water and stir into milk. Stir in 2 cups flour and egg. Blend well. Set aside to rise in a warm place. When double in its bulk, place dough on bread board and knead in the rest of flour until smooth and elastic. Roll dough out to half-inch thickness. Cut with biscuit cutter. Dip each biscuit in a bit of melted butter. Place on a cookie sheet, about one inch apart, to rise. When doubled in bulk, bake in a hot oven, 400°, 20-25 minutes or until light brown. Serve hot or cold.

DIFFICULT CHALLENGE

Hot biscuits, with gobs of melted butter and honey-now that's soul food! The Carolinas get the credit for these Colonial-times recipes.

Call Me By My Rightful Name

In 1970, a Federal judge in Florida ruled that the busing of black children to white schools was mandatory. Governor Claude Kirk, of that state, lost his battle to prevent school integration, and among the first to present himself at a lily-white [sic] school was an eight-year-old black boy from an impoverished rural section.

The first day in class, the white teacher, a dyed-in-the-wool Dixiecrat, asked the youngster his name. "Mister Tibbs," replied the boy. The shocked teacher asked him to repeat. "Mister Tibbs," said the boy again. Several times more she urged him to give his first name but was always met with the same answer. In desperation, she finally sent for the boy's mother and explained her problem

"There ain't no problem a-tall," said the mother slowly. "When he was borned I knowed he'd be called 'boy' or some other name, long as he lived in the South-but never 'Mister'. So, I done somethin' 'bout it. I christened him Mister-that's his name an' that's whut y'all's are gonna call-him-Mister Tibbs!"

RECIPE-SWEET AND HOT MEAT SAUCE

SWEET BARBECUE SAUCE

INGREDIENTS

- 1 cup catsup or tomato sauce
- ¼ cup vinegar
- 2 tsp. olive oil
- 1 tbs. brown sugar or molasses
- 1 tsp. salt
- 1 tsp. dry mustard
- ¼ tsp. tobacco sauce
- dash cayenne pepper
- ¼ tsp. garlic powder
- 1 clove garlic minced
- 1 onion, medium, chopped
- 2 tsp. sweet pickle relish (optional)

Directions

Simmer slowly until hot, stir thoroughly.

Red Rib Sauce: Prepare as for sweet barbecue sauce, adding 2 teaspoons red peppers or increasing the tobacco to taste (hot).

BEGINNERS CHALLENGE

The above sauces may be used for neckbones and red ribs or barbecued ribs. Favorites before and after the Civil War, these sauce preparations represent the basic recipes from which most later refinements were developed.

RECIPE-SWEET POTATO PIE

SWEET POTATO PIE- NORTHERN STYLE

INGREDIENTS-PIE CRUST

2 cups sifted flour
1 tsp. salt
1 tsp. vinegar
cold water
2/3 cup of shortening
½ tsp sugar
pinch, baking powder

INGREDIENTS-SWEET POTATO PIE

¼ cup butter
3 eggs
1 ½ cups mashed sweet potatoes
½ cup white sugar
1 tsp. nutmeg
2 tbs. lemon juice
1/3 cup milk
½ tsp. salt
1 tsp. vanilla
1 tsp. Cinnamon

DIFFICULT CHALLENGE

The numerous references in this book, referring to sweet potato pie, pertain mostly to the southern style of baking. However, the northern style, which requires a little more preparation, is just as mouth-watering. Try both recipes for very pleasant variety. For pie crust, use recipe on page

DIRECTIONS-PIE CRUST

Sift flour, sugar, salt, and baking powder. Add shortening. Cut in with fork or use pastry blender. Pour the vinegar and water into the flour mixture, a few drips at a time, mixing with fork until it will hold together. Chill. Roll out as quickly as possible. Makes a double crust for one 9-inch pie or 2 pie shells.

DIRECTIONS-SWEET POTATO PIE

Beat eggs and sugar. Add melted butter and spices Blend with potatoes and lemon juice. Pour into unbaked pie shell and bake in hot oven (400°-425°) 10 minutes Reduce heat. Continue to bake 40 minutes longer. Serve plain or with cream.

RECIPE-SWEET POTATO PIE

SWEET POTATO SOUTHERN STYLE

INGREDIENTS-PIE CRUST

2 cups sifted flour
1 tsp. salt
1 tsp. vinegar
cold water
2/3 cup of shortening
½ tsp sugar
pinch, baking powder

INGREDIENTS-SWEET POTATO PIE

1 ½ lbs. sweet potatoes, or 2 large ones
2 cups sugar
¼ lb. butter
2 tsp. vanilla
½ tsp. nutmeg
4 slightly beaten eggs

Directions-Pie Crust

Sift flour, sugar, salt, and baking powder. Add shortening. Cut in with fork or use pastry blender. Pour the vinegar and water into the flour mixture, a few drips at a time, miking with fork until it will hold together. Chill. Roll out as quickly as possible. Makes a double crust for one 9-inch pie or 2 pie shells.

Directions-Sweet Potato Pie

Boil sweet potatoes in jackets until tender. Drain. Remove skin and mash with butter. Combine sugar, vanilla, cinnamon, nutmeg, and eggs. Beat for 5 minutes. Bake in moderate oven (350°) 45 minutes, or until knife inserted in center comes out clean. Makes one 9-inch pie.

DIFFICULT CHALLENGE

The numerous references in this book, referring to sweet potato pie, pertain mostly to the southern style of baking. However, the northern style, which requires a little more preparation, is just as mouth-watering. Try both recipes for very pleasant variety. For pie crust, use recipe on page