

Recipes from
***THE LAST SUPPERS* by Mandy Mikulencak**

AUNT SUSAN'S CLABBER CAKE

Source: Daily Oklahoman, 1952

1/2 pound butter
2 cups sugar
2 eggs, beaten
3 1/2 cups cake flour
2 teaspoons baking soda
3 1/3 tablespoons cocoa
2 cups clabber milk (can substitute buttermilk)

Cream together butter and sugar. Add eggs, one at a time.

Sift dry ingredients together and add alternately with clabber milk to creamed mixture. Bake in greased and floured 14x9-inch pan in preheated 350-degree oven 45 minutes.

Note: Clabber milk is clotted, soured milk. To make it, leave raw (not pasteurized) milk on the counter in a sealed jar for 2-3 days in a warm spot until solids appear. Shake it to see if it's turned thick. It should not yet be separated. If the milk is still mostly white when shaken, and has turned thick, it is done clabbering. Store clabbered milk in the refrigerator. If left on the counter too long, it will separate and turn into curds and whey.

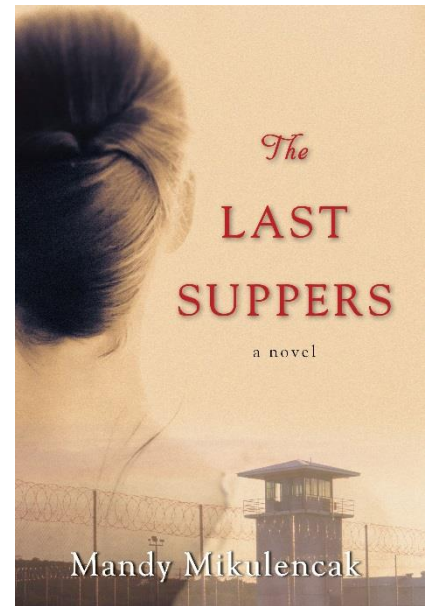
MASTER RECIPE FOR DIGESTIBLE CRISCO SHORTCAKE

Source: Crisco advertisement, 1934

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1/3 cup Crisco
1 egg
2/3 cup milk, water or juice

Sift dry ingredients. Work in Crisco (a pure digestible shortening). Beat egg in measuring cup; add liquid to fill cup 3/4 full. Add to Crisco mixture. Divide dough. Pat out into rounds to fit bottom of pie plate. Brush one round with melted Crisco. Place second round on top.

Bake in hot over (425 degrees F) 20-25 minutes. Separate rounds. Put filling between. (Individual Shortcakes: Cut out biscuits 1/4 inch thick. Brush tops with melted Crisco. Put other biscuits on top. Bake in hot oven, 425 degrees, 12 minutes).



SEVEN MINUTE FROSTING

Source: All About Home Baking (General Foods Corporation, 1933, p. 104)

2 egg whites, unbeaten
1 1/2 cups sugar
5 tablespoons water
1 1/2 teaspoons light corn syrup
1 teaspoon vanilla

Combine egg whites, sugar, water and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers, or about 2 dozen cup cakes. Have the cake cold and free from loose crumbs before attempting to frost it. The frosting should be cool so that it does not run and soak into the cake.

CALUMET FRUIT CAKE

Source: All About Home Baking (General Foods Corporation, 1933, p. 135)

1 pound (4 1/2 cups) sifted Swans Down Cake Flour
1 teaspoon Calumet baking powder
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1/2 teaspoon mace
1 pound butter or other shortening
1 pound brown sugar
10 eggs, well beaten
1/2 pound candied cherries
1/2 pound candied pineapple
1 pound dates, seeded and sliced
1 pound raisins
1 pound currants
1/2 pound citron, thinly sliced
1/2 candied orange and lemon peel
1/2 pound nut meats, chopped
1 cup honey
1 cup molasses
1/2 cup cider

Sift flour once, measure, add baking powder and spices, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add remaining ingredients. Add flour gradually period. Bake in four greased pans, 8x8x2 inches, lined with greased paper, in slow oven (250 degrees F) 3 to 3 1/2 hours. Makes 10 pounds fruitcake.

SOUTHERN SPOON BREAD

Source: The Southern Cook Book - 322 Old Dixie Recipes (Culinary Arts Press, 1939, p. 31)

2 cups corn meal
1 1/2 cups sweet milk

2 cups boiling water
1 teaspoon salt
3 large tablespoons butter (melted)
3 eggs

Sift the meal three times and dissolve in the boiling water, mix until it is smooth and free from any lumps. Add the melted butter and salt. Thin with milk. Separate the eggs; beat until light; add the yolks and then the whites. Pour into a buttered baking dish and bake in a moderate oven (350 degrees F) about 30 minutes. This should be served in the dish in which it is baked.

BAKING POWDER BISCUITS

Source: The Victory Binding of the American Woman's Cook Book – Wartime Edition (Consolidated Book Publishers, Chicago, 1938, p. 118)

2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
1/4 cup cold shortening
2/3 cup cold milk

Sift flour, baking powder and salt together and cut in shortening with 2 knives or a pastry blender. Add milk and mix quickly. Knead for a few seconds on lightly floured board. Pat out to 1/2-inch thickness and cut with biscuit cutter. Place in greased pan close together for crust on top and bottom only, far apart if crust is desired on sides also. Bake at once in very hot oven (450 degrees F) 12 minutes. Makes 12.

SHIT ON A SHINGLE (CREAMED GROUND BEEF ON TOAST)

Source: Department of the Army Technical Manual, 1957

24 pounds boneless ground beef
1 pound onions, chopped fine
1/2 cup salt
1 tablespoon black pepper
1 bay leaf
2 gallons evaporated milk mixed with 2 gallons water
2 pounds wheat flour, hard
100 slices toast

Brown beef in its own fat in roasting pans on top of range. Remove excess fat during cooking period. Add onions and seasoning and mix thoroughly.

Add 3 gallons of milk mixture to beef mixture and heat to simmering, stirring frequently. Mix flour with the remaining gallon of milk and stir into hot mixture. Bring to a boil, stirring steadily, reduce heat and simmer until thickened.

Serve 1 cup serving over 1 piece of toast. Makes 100 servings.