



20 Favorite Recipes

Of Col. Harland Sanders

Originator Of

Kentucky Fried Chicken®

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Pecan Pie

4 Eggs, slightly beaten

1 Cup Golden Karo

1/3 Cup Sugar

Pinch Salt

1 Tbs. Lemon Juice or
Vinegar

4 Tbs. Butter

2 Tsp. Vanilla

Mix Together Thoroughly

2/3 Cup Pecan Halves in an unbaked pie shell. Pour in the above mixture. Bake 35 minutes in 325-350° oven.

"Butter Thin" Pancakes

3 Cups Coffee Cream

4 Eggs, beaten

Mix

3 Tsp. Baking Powder

2 Tsp. Salt

2½ Cups (Sifted) Flour

Mix

Mix Together Then Add

½ lb. **HOT** Butter
or Margarine

French Fried Parsnips or Cauliflower

BATTER

2 Egg Yolks, beaten fluffy

$\frac{1}{2}$ Cup Milk

$\frac{1}{2}$ Tsp. Salt

$\frac{3}{4}$ Cup Flour — Mix well

FLOUR FOR ROLLING

1 $\frac{1}{2}$ Lb. Flour

1-1/3 Tsp. White Pepper

1 $\frac{1}{2}$ Tsp. Accent

5 Tsp. Salt — Mix

Parboil parsnip in water (1 qt.) with 2 Tbs. salt and 2 Tbs. sugar.

Boil just long enough — it will stick tender with fork. Do not overcook.
Dip in batter, roll in flour mixture. Fry in deep fat (hot).

Transparent Squash

3 Cups Acorn Squash or
Hubbard Squash

1 Tsp. Mace

1/2 Cup Sugar

1/3 Cup Melted Butter

2 Cups Water

Pinch Salt

Cut the squash in cubes about $\frac{3}{4}$ " or 1" in size. Then sprinkle on the mace and salt. Add sugar, butter, and water, which should completely cover the squash. Then simmer slowly until the squash appears transparent and has taken in the butter and sugar.

Chess Pie

ONE 9 INCH PIE

4 Egg Yolks

1 Cup Cream

1 Cup Sugar

$\frac{1}{2}$ Cup Butter—room temperature

$\frac{1}{2}$ Tbs. Cornstarch

$\frac{1}{4}$ Tsp. Cinnamon

$\frac{1}{4}$ Tsp. Nutmeg

Cream butter and sugar well. Add other ingredients. Pour into unbaked crust. Bake in oven 350°F until done. Make meringue of egg whites stiffly beaten, with equal amount of sugar and small amount of nutmeg. (Equal amounts mean equal measure of sugar and whites.) To keep meringue from weeping, beat whites until foamy, then add sugar slowly. Beat stiff. Cover filling. Brown slowly in moderate oven.

Lemon Sponge Pie

ONE 9 INCH PIE

3 Tbs. Flour

3 Tbs. Butter

1 1/4 Cups Milk

1 1/4 Cups Sugar

4 Eggs, beaten separately

Pinch of Salt

1/3 Cup Lemon Juice

Grated Rind of 2 Lemons

Have butter room temperature – cream butter and sugar thoroughly, add other ingredients. (Beat) Fold in stiffly beaten egg whites. Pour into unbaked crust and bake slowly in oven 350° F 15 minutes reducing to 300° F until tests done – about 45 minutes.

Roquefort Dressing

1 1/4 Cups Mayonnaise

3/4 Cup Durkee's Famous
Dressing

1/4 Cup Worcestershire
(Lea & Perrins)

1/4 Cup Onion Juice

1/2 Cup Salad Oil

1/4 Tsp. Garlic Extract

7 Oz. Roquefort Cheese
(not Blue Cheese)

Mix thoroughly — then crumble the cheese and stir into the mixture.
Yields one quart. Keeps indefinitely in refrigerator.

Special Dressing

2½ Cups Ketchup

1¼ Cups Mayonnaise

1 Cup Chili Sauce

1/3 Cup Worcestershire

1-1/3 Cups Salad Oil

3 Tbs. Prepared Mustard

4 Tbs. Onion Juice

4 Tbs. Vinegar

1 Tsp. Red Pepper

½ Tsp. Tobasco Sauce

1 Tsp. Black Pepper

Garlic, 5 or 6 med. cloves crushed or diced fine

Mix thoroughly. (I use Heinz Ketchup and Chili Sauce, and Lea & Perrins Worcestershire,) Yields two quarts. Keeps indefinitely.

Old Fashioned Overnight Buckwheat Cakes

2 Cups Buckwheat Flour	} Sift Together	1/2 Cake Yeast
1 Cup White Flour		1 Qt. Warm Water
3 Tsp. Salt		1/3 Cup Sugar

Dissolve yeast in the warm water, make batter, add 1/2 cup bacon drippings, set at room temperature 1 hour, refrigerate overnight, add small amount of soda to the portion to be used that morning, to leaven sourness of yeast.

KENTUCKY WHIPPED BUTTER (if you like it). 3 lb. butter cut up at room temperature in mixing bowl. Start the beater until it is pretty well beaten, begin adding 1 cup buttermilk very slowly, beat until fluffy, scrape loose the first solid butter clinging to the bowl, then beat until there are no solid lumps.

"Kentucky" Biscuits

1½ Cup Flour (before sifting)

1 Tbs. Sugar

1½ Tsp. Salt

1 Tbs. Baking Powder

— Sift into mixing bowl —

1 Scant Cup Milk — sweet

Lard or shortening size of large egg. Nest the flour, add most of milk, put in shortening, begin squeezing the lard and flour in the milk until thoroughly mixed, add rest of milk if needed and mix. Turn on to floured board, knead until consistency desired, cut into biscuits. Makes 13 biscuits.

Carrot-Almond Ring

Excellent with Creamed Chicken or Pork — Makes 12 Servings

$\frac{3}{4}$ Cup Almonds (Blanched,
Brown in Oleo, Chop
Coarsely)

3 Tbs. Oleo

1 Pound Carrots

$\frac{3}{4}$ Cup Eggs

$1\frac{1}{2}$ Cup Milk

1 Tsp. Salt

1 Tsp. Sugar

1 Tsp. Grated Onion

Grate or shred carrots and cook until tender, drain and place in ring, beat the eggs slightly, then add all of the other ingredients. Mix well and pour over the carrots evenly. Place ring or pan in a pan of water. Bake 25 to 40 minutes at 325° F until firm.

Cream of Tomato Soup

This soup will not curdle or break — YIELD 2 QTS.

1 Qt. Tomato Juice

1 Tsp. Salt

1 Oz. Onions sliced very thin

$\frac{1}{4}$ Tsp. White Pepper

2 Oz. Oleo or Butter

$\frac{3}{4}$ Oz. Sugar

1 $\frac{1}{2}$ Oz. Flour

1 Qt. Cold Milk

Heat juice and onions to boiling for 10 minutes — remove onions. Melt oleo and add the flour to oleo. Add the oleo and flour to the juice, cook until it thickens. Add the salt, pepper and sugar — remove from fire. Beat in the cold milk. Heat but do not boil.

Puffy Meat Patties

½ Lb. Ground Beef

3 Egg Yolks

3 Egg Whites, beaten
until they cling to bowl

1 Tsp. Black Pepper

2 Tsp. Salt

1 Tbs. (more or less) of
Minced Parsley

¼ Tsp. Baking Powder

1 Small Onion grated or
finely chopped

Beat yolks until they are lemon colored. Add to them the ground beef, salt, baking powder, pepper, parsley and onion. Mix thoroughly. Last, fold in the stiffly beaten whites and blend gently. Dip with large spoon into about ⅛ inch of very hot shortening. Let cook about 2 minutes on each side — do not turn meat until browned on first side. Serve as soon as done, with potatoes, vegetables, or as desired. Serves 4 to 6.

Bean Salad

1 No. 2 Can Green Beans
(Blue Lake or some
good quality)

1 No. 2 Can Wax Beans

1 No. 2 Can Kidney Beans

1 Medium size Green Pepper
(sliced and cut up)

1 Medium size White Onion
(sliced and cut up)

$\frac{1}{2}$ Cup Salad Oil

$\frac{1}{2}$ Cup Cider Vinegar

$\frac{3}{4}$ Cup Sugar

1 $\frac{1}{2}$ Tsp. Salt

$\frac{1}{2}$ Tsp. Black Pepper

Drain all beans well, then rinse the kidney beans well. Now combine all ingredients. Let marinate overnight and they are better after 3 or 4 days.

Southern Spoon Bread

By Eula Gibson, Food Supervisor, Sanders Restaurant, Corbin, Ky.

Heat to a moderate temperature —

3 Cups Milk, 1 Tsp. Salt and 1 Tsp. Sugar

Add to the milk —

1¼ Cup Corn Meal, return to the fire and cook as mush

Then beat together —

3 Eggs, 3 Tsp. Baking Powder, 2 Tbs. Cold Water,
2 Tbs. Butter

Beat the egg mixture into the mush, then pour into casserole or pan and
bake in 400° F oven about 25 to 30 minutes.

Buttermilk Pie

"A Kentucky Specialty"

Beat 4 Eggs and $\frac{3}{4}$ Cup Sugar together until light and lemon colored, add the flour and beat more.

2 Tbs. Flour

4 Tbs. Melted Butter or Oleo

Grated Rind 1 Lemon
(yellow part only)

1 $\frac{1}{2}$ Cup Buttermilk (churned
Buttermilk is best)

1 Tsp. Vanilla

3 Tbs. Lemon Juice

Sprinkle a little Cinnamon on top after filling is in the crust.

Mix butter, vanilla, lemon juice, rind and buttermilk. Add it to the egg mixture; pour into baked, but not brown, pie shell. Cook at 375° 20 to 30 minutes — overcooking makes it tough. For a pleasing variation omit lemon rind and juice and add 3 Tbs. Kentucky Bourbon.

Mrs. Harland Sanders' Refrigerator Rolls

1 Qt. Sweet Milk
1 Cup Sugar
1 Cake Yeast
1 Cup of Shortening

2 Tsp. Salt
1 Cup Mashed Potatoes
1 Tsp. Soda
2 Tsp. Baking Powder

10 to 12 Cups Flour

Cream the shortening and sugar until light and fluffy. Then add potatoes and cream some more. Heat milk to luke warm, dissolve the yeast in it. Pour it into the shortening, sugar and potatoes. Add enough flour (about 4 cups) to make like cake dough. Stir in salt. Let rise 2 hours, then stir in balance of flour (about 6 to 7 cups), soda and baking powder to make like biscuit dough — knead. Refrigerate $\frac{1}{2}$ hour, then make into rolls, let rise double their size, bake 450°. Remainder can be used during the next 5 or 6 days.

Waffles

2 Cups Sifted Flour

1 Tbs. Corn Meal

$\frac{1}{2}$ Cup Vegetable Shortening

$1\frac{3}{4}$ Cup Buttermilk

1 Tsp. each of Salt,
Baking Powder & Soda

2 Large Eggs

Sift the dry ingredients with the flour mix in the shortening as for pie-crust. Add the buttermilk and unbeaten eggs.

Hotwater Pie Crust

MAKES 6 SINGLE CRUSTS

1¼ Lb. Pure Lard

5 Cups or 2½ Lbs.

All-Purpose Flour

1 Tsp. Salt

1 Tsp. Baking Powder

1 Tsp. Sugar

1 Cup Hot Water

Mix the dry ingredients, barely melt the lard, add the hot water to it and then pour it into the bowl with the flour. Mix with a spoon until all the flour is saturated, then when cool enough work it by hand until thoroughly mixed, working in two additional cups of flour last.

Old Fashioned Huckleberry Cake

1 Egg, beaten

2/3 Cups Sugar gradually
beaten into the egg
until light

Sift together —

2 Tsp. Baking Powder

1½ Cups Cake Flour

½ Tsp. Salt

Add the flour to the egg and
sugar alternately with

1/3 Cup of Milk

Then add —

3 Tbs. Butter and

1 Tsp. Vanilla or Almond

1½ Cups Berries

Beat well, then fold in the berries. Pour into an 8" cake pan and bake
at 400° F about 40 minutes or test done.

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Compliments of

Kentucky Fried Chicken®

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