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From a Mammy's Kitchen

Eva Harms
Iowa State College

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Chicken and Fixin's From a Mammy's Kitchen

By Eva Harms

WAY down south where the cotton grows and the negroes sing softly to the strummin' of a banjo—no food is as popular as chicken.

Can't you see the old negro mammy getting dinner in the kitchen of a rambling southern house with the aroma of fried chicken, southern style, filling the room?

It isn't fair that the people of the south should have a monopoly on this famous method of preparing chicken. But never mind, here's a chance for those who live north of the Mason and Dixon line to make fried chicken the boast of the North as well as the South. Just try this:

Clean a young chicken, singe it, and cut it in pieces for serving. Be sure to cut at the joints. Plunge it in cold water and drain, but do not wipe.

Sprinkle with salt and pepper and cover with flour, trying to keep as much flour adhering to the chicken as possible. Fry out one pound of fat pork cut in pieces and cook chicken slowly in fat until tender and well browned. Serve with white sauce made with half milk and half cream.

Special dinner at your house? You might serve a chicken pie. It's another southern special.

Dress, clean and cut up one or two chickens. Put the meat in a stew pan with one onion, cover with boiling water and cook until tender. When the chicken is half cooked add $\frac{1}{2}$ teaspoon of salt and $\frac{1}{2}$ teaspoon of pepper. Remove chicken, strain stock and skim off fat, then cook until reduced to a desirable strength. Thicken stock with $\frac{1}{3}$ cup of flour mixed with cold water. Replace on fire and when the boiling point is reached, add 3 tablespoons of butter, bit by bit.

PLACE a small cup in the center of a baking dish. Arrange the chicken around the cup. Large bones should be removed. Pour the stock over the chicken and cool.

Cover with a baking powder biscuit crust $\frac{1}{2}$ inch in thickness from the center of which a circular piece 2 inches in diameter has been removed.

Roll the remainder of the dough to a thickness of $\frac{1}{4}$ inch. Cut in long strips, then braid the strips and outline hole in center of dough with the braid.

Place the pie on a plate and, just to be extra fancy, dress it up in a paper collar.

The biscuit crust is made by mixing and sifting 3 cups of bread flour, 2

tablespoons of baking powder and $1\frac{1}{2}$ teaspoons of salt. Work in 3 tablespoons butter and 3 tablespoons of lard, using the tips of the fingers. Then stir in $1\frac{1}{4}$ cups of milk.

The Thanksgiving holidays will soon be here and college students will be going home to see old friends again. For that Sunday night supper when the old gang comes down, better have something classy in the way of food on hand. And this chicken salad is about the classiest thing out.

COVER the bottom of individual molds, set in ice water, with aspic jelly mixture. When the jelly is firm decorate with yolks and white of hard boiled eggs and truffles cut in fancy shapes or pistachio nuts blanched and cut in halves.

Cover with aspic mixture. Chop the cold, cooked chicken into fine bits; use breast meat, if possible. Moisten with mayonnaise to which is added a small



—Courtesy Successful Farming

What a Salad Takes



—Courtesy Successful Farming

Boast of the South

quantity of dissolved granulated gelatine; shape into balls. Put a ball in each mold and gradually add aspic mixture to fill the molds.

Chill thoroughly, remove to lettuce leaves, and arrange on individual plates. Prepare a bowl of your favorite mayonnaise dressing to serve with the chicken.

Discharge prints always have a dark background.

In block-printing you must use as many different blocks as colors.

In analyzing plaids you must go from the center diagonally to the corner.

A Persian design is characterized by cypress trees, animals and birds, as well as by formal balance and many colors in the design itself.

Plain color may be gained as a result of piece, fiber or yarn dye, or may be the natural color.

A cup of good hard large-grained wheat will take up 1 quart of water when prepared for a breakfast cereal.

Green tomatoes fit into almost any recipe in place of ripe tomatoes. Green tomatoes are not quite so rich in vitamins C and A as ripe ones, but they have about the same vitamin B content. Their flavor is slightly more acid.