

# Great Recipes from the South

A Collection of Extraordinarily Delicious Recipes Straight from MaMa's Kitchen

*Compiled by Emily Shearer*



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**We hope you enjoy our collection of absolutely  
delicious recipes!**

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## *Appetizers, Beverages, and Party Foods*

### **Cheese Ball-**

- 1-8 oz. package of cream cheese
- 1 cup crushed pineapple
- 2 tablespoons very finely chopped green bell pepper
- ½ teaspoon onion salt or garlic salt
- 1 cup chopped pecans (divide into 2- ½ cup portions)

Soften cream cheese. Mix all ingredients except for ½ of the nuts. Shape into a ball and roll in the remaining nuts to coat. Chill before serving.

### **Cheese Wafers-**

- 1 stick of margarine (1/2 cup)
- 2 cups all-purpose flour
- 1/8 teaspoon red pepper
- ½ teaspoon salt
- ½ cup chopped pecans
- ½ lb. grated extra sharp cheese

Cream margarine; add cheese. Sift together dry ingredients; add to mixture of margarine and cheese. Add pecans. Form into long, log shaped rolls about the size of a half-dollar. Chill.

When firm, slice into wafers and bake on cookie sheet at 375 degrees for approximately 12 minutes. (Bake time will depend on your preference of soft or crisp wafers.)

### **Little Smokies-**

- 1 – 10 to 12 oz. bottle seafood sauce
- 1 small bottle of water
- 1 – 10 oz. jar red currant jelly
- 2 Tablespoons mustard

Bring above ingredients to a boil, melting jelly.

Add:

- 1 small can crushed pineapple
- 1 large pack of cocktail sausages

Serve when heated through. May be simmered for several hours.

### **Party Ham Rolls-**

- 2 packages of party rolls (small rectangular rolls – 24 in each pack)
- Sliced ham
- Sliced Swiss Cheese

Mix the following for spreading:

- 2 sticks of margarine - melted
- 3 tablespoons of poppy seeds
- 1 tablespoon Worcestershire Sauce
- 3 tablespoons spicy brown mustard
- 1 medium onion – finely grated

Slice rolls in half using a serrated knife or electric knife (this can be done without separating rolls; just remove from pack and slice lengthwise to create a top and bottom for sandwiches). Spread both sides with all of above mixture. Line bread with ham first, placing the cheese on top.

Separate individual party rolls/sandwiches by cutting with serrated/electric knife. Wrap in foil (shiny side in). Bake at 400 degrees for 10-15 minutes. Best when served slightly warm.

### **Sausage Cheese Balls-**

1 lb. lean hot sausage  
3 cups Bisquick  
1 cup sharp grated cheese

Mix above ingredients well and shape into small round balls, between the size of a marble and golf ball. Bake in 300 degree oven for about 45 minutes, or until they are as brown as you like.

Great tip: These may be prepared ahead and frozen until needed.

### **Hot Chocolate Mix-**

1 – 25 oz. package nonfat dry milk  
1 – 6 oz. jar powdered nondairy creamer  
1 lb. box powdered sugar  
1 – 16 oz. Nestles Quick

Combine all ingredients. Use 3 tablespoons for 1 cup of hot water to make a great cup of hot cocoa!

Makes 17 cups of mix that are great for storing, or as gifts when put in jars and “fancied” with ribbons, etc.

### **Punch-**

1 Large can of Pineapple Juice  
2 large cans of orange juice  
1 quart water  
1 bottle lemon juice  
1 quart ginger ale

Mix all ingredients together and adjust to taste. Punch can be served with crushed or cubed ice, depending on preference.

### **Sugared nuts-**

2 ½ cups pecan halves  
1 cup sugar  
½ cup water  
1 teaspoon cinnamon  
1 teaspoon salt  
1 ½ teaspoon vanilla extract

Heat nuts in oven at 375 degrees about 15 minutes, stirring around often.  
Cool completely.

Cook sugar, water, cinnamon, and salt in a double boiler until soft balls form when dropped in cup of cool water. DO NOT STIR WHILE HEATING.  
Remove from heat; add vanilla and nuts. Stir gently until mixture becomes creamy. Turn out onto a greased baking sheet and separate nuts as they cool.

### **Golden Fruit Punch-**

2 large cans Pineapple Juice  
1 – 64 oz. bottle of apple juice  
1 large frozen concentrate orange juice  
1 liter size bottle ginger ale

Mix all ingredients, chill, and serve over ice.

### **Vegetable Pinwheels-**

2 – 8 oz. packages cream cheese  
1 package Hidden Valley Ranch Dressing  
small bunch green onions, chopped

Cream all above ingredients in mixer. Spread on 12” Tortilla Shells. Chop vegetables of choice very fine and sprinkle over cream mixture. (Examples: broccoli, celery, bell pepper, olives, etc.)  
Roll and wrap in aluminum foil and refrigerate overnight.  
Slice and serve!

## *Breads, Preserves, Jellies, and Pickles*

### *Ginger Bread-*

2 sticks butter, softened  
1 ½ cups sugar  
3 eggs  
¾ cup dark molasses  
3 ¾ cups all-purpose flour  
¾ teaspoon salt  
¾ teaspoon baking soda  
¾ cup buttermilk  
3 teaspoon cinnamon  
1 ½ teaspoons cloves  
1 teaspoon nutmeg

Preheat oven to 325 degrees.

Whip together butter and sugar until fluffy. Add eggs, one at a time, mixing well after each one. Blend in molasses.

Add dry ingredients alternately with buttermilk.

Bake in preheated oven for 1 hour. Glaze with recipe below while warm.

### *Lemon Sauce for Ginger Bread-*

2 teaspoons corn starch  
½ cup sugar  
¼ teaspoon salt  
2 cups cold water  
3 tablespoons lemon juice  
1 tablespoon lemon rind  
¼ cup margarine or butter

Cook over medium heat until mixture comes to a boil. Pour over ginger bread before serving.



### **Cinnamon Rolls-**

1 basic sweet dough recipe  
1 cup brown sugar  
1 cup sugar  
½ cup butter or margarine  
¼ cup all-purpose flour  
1 ½ tablespoons cinnamon  
½ cup chopped pecans (optional)

After dough is made and allowed to rise in bowl or as directed in recipe, roll it out in a long rectangle (or until dough is ¼ inch thick).

Mix all of the above ingredients together until well blended and crumbly.

Sprinkle mixture over dough and roll up into 1 long roll. Slice each cinnamon roll about 1 inch thick and place in a greased pan.

Let rise for 30 minutes. Bake at 350 degrees about 20 minutes. Remove from pan and glaze while warm. (recipe for glaze follows)

### **Powdered Sugar Glaze-**

2 cups powdered sugar  
3 tablespoons milk

Combine ingredients and stir until smooth. (Makes about 1 cup of glaze)

### **StrawberryFig Jam-**

6 cups figs  
6 cups sugar  
2 – 6 oz. boxes strawberry Jello

Mash figs after pulling off stems and cleaning. Place figs and sugar in sauce pan and heat on low, letting mixture simmer for 20 minutes. Add dry Jello and mix well by stirring. Continue cooking on low for 10 minutes, stirring often. Can be sealed in jars with lids. Makes 5 to 6 pts.

### **Basic White Bread-**

½ cup milk  
3 tablespoons sugar  
2 teaspoons salt  
3 tablespoons butter or margarine  
2 packages active dry yeast  
1½ cups warm water  
5 to 6 cups all-purpose flour

Scald milk and stir in sugar, salt, and butter. Cool to lukewarm. Dissolve yeast in warm water, in warmed bowl. Add lukewarm milk mixture and 4 ½ cups flour. Mix thoroughly. Add remaining flour and knead about 13 minutes or until dough is smooth and elastic. Dough will be slightly sticky.

Place in greased bowl, turning to grease top. Cover and let rise in warm place, free from draft until doubled in bulk. (about 1 hour)

Punch down. Let rise for 15 minutes. Divide dough in half; shape each half into loaf and place in greased 9x5x3 inch pan. Cover and let rise in warm place until doubled in bulk. (about 1 hour)

Bake in preheated, 400 degree oven for 30 minutes.

Remove from pan and cool on wire racks.

### **Biscuits-**

2/3 cup milk  
1/3 cup oil  
2 cups all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt

Mix all ingredients together. Knead dough between 2 sheets of wax paper. No flour need for kneading. Knead until dough looks shiny. Roll out with dough between the 2 sheets of wax paper, using rolling pin. Cut with biscuit round, place on baking sheet, and bake at 425 degrees for approximately 10 minutes, or until lightly golden brown.

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