

## One Dish Meals and Casseroles

### Chicken with Herbs in Casserole

Temp. 325 degrees F.

Time: 1 ½ Hours

4 lbs. chicken, cut up

1/8 tsp. pepper

2 Tbsps. Bacon fat or salad oil

¾ tsp. sage leaves

½ cup flour

¾ tsp. thyme

4 cups milk

2 tsp. bottled thick meat sauce

2 tsp. salt

Brown chicken in fat and place in a two quart casserole. Measure fat in skillet and add enough to make ¼ cup. Add flour and blend. Stir in milk. Add seasonings and cook until thickened, stirring constantly. Pour over chicken and bake, uncovered, until tender.

Hazel Stevenson

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### Corn Pone for “Pot Likker”

1 cup corn meal

2 Tbsp. melted butter or bacon drippings

½ tsp. salt

Bacon drippings

Cold water

“Pot Likker” is the liquid in which turnip greens have been cooked. Remove greens to serving dish. Mix corn meal with salt, butter, or bacon drippings and enough water to make a soft dough. Mold into biscuit-sized pieces and drop into boiling “potlikker.” Cover closely and cook 20 minutes. Serve with the greens from the “pot likker.”

### **Favorite Potato Omelette**

This is a new and a good omelette “dresser upper”! Grate two good sized potatoes and brown lightly in bacon fat in heavy skillet. Make your favorite omelette and pour over potatoes and cook as usual.

### **Hush Puppies**

2 cups corn meal	1 Tablespoon salt
1 Tablespoon flour	1 egg
1 tsp. soda	6 Tablespoon chopped onion
1 tsp. baking powder	2 cups buttermilk

Mix all dry ingredients. Add chopped onion and then milk and egg. Drop by spoonfuls into deep hot grease where fish are cooking. When done they will float. Put on brown paper to drain.

Red Horse Bread is made quite similarly. The onion may be omitted. If eggs are plentiful, the milk and the baking power are left out and enough eggs are used to make a batter.

No fish fry is complete without Hush Puppies or Red Horse Bread.

### **Interesting Economy Casseroles**

Combine leftover cooked vegetables with diced cooked meat, fish, or chicken, rice spaghetti or noodles and a medium cream or cheese sauce. Use one cup sauce to 2 or 2 ½ cups other foods. Top with buttered crumbs. Bake in moderate oven until bubbly and brown.

Line a buttered baking dish with mashed potatoes or cooked rice. Fill the center with ground or diced cooked meat, fish, or chicken mixed with medium cream sauce. Bake to heat through and brown lightly. Cooked vegetables may be added to the creamed mixture.

### **Jam Omelette**

2 eggs	1 oz. fat
1 dessertspoonful water	Pinch of salt
1 tsp. sugar	1 dessertspoonful milk

## Jam

Separate yolks of eggs and beat well. Add sugar, salt, water, and milk and mix well. Beat whites until stiff and fold into mixture. Put fat, (butter, margarine or lard) in a saucepan and when melted, pour into mixture. Cook over a slow heat for 2 or 3 minutes and when brown on underside, turn over and brown on other side. Put omelette on hot serving dish, place a spoonful of jam on one half, fold over, and serve immediately.

Nan Mackay

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