The Local Buy recipes, Episode 908

NOTE: These recipes are reprinted as they were written in historic Maryland cookbooks. Some instructions and quantities may be vague by modern standards.

**Lamb Stew**

- Lamb meat
- Seasoning salt (or salt & pepper)
- Water
- Flour
- Milk
- Parsley
- Thyme
- Butter

- Other vegetables like carrots and potatoes may be added.

- Cut the meat small, season it, and put it in a pot with water enough to cover it; let it cook for half an hour; then pour in thickening of flour and milk, with parsley and thyme, and add a piece of butter, (if the meat is not fat;) take it up in a deep dish.

**Hot Cabbage Slaw**

- One small head of cabbage, cut fine
- Water
- 1 egg, beaten
- 1 cup sour cream
  - or 1 small can evaporated milk
- Vinegar
- Salt
- Pepper
- Sugar
- Dry mustard powder
- Butter
- Take one small head of cabbage cut fine, cover with water and boil about fifteen minutes. All the water should be absorbed. Cover with dressing as follows:

- 1 egg well beaten, 1 cup sour cream or 1 small can of evaporated milk, vinegar, salt, pepper, sugar, and mustard to taste. Cook until thick, and put in a lump of butter before taking from the fire.

  - *Eleanor Birnie, Carroll County*

### Chow Chow Pickles

- 1 quart onions
- 1 quart green tomatoes
- 1 head cauliflower
- 6 good-sized cucumbers
- 1 small head of cabbage
- 1 bunch celery
- ½ oz celery seed
- ¼ pound ground mustard
- 2 tsp black pepper
- 1 tsp cayenne pepper
- a few pepper pods
- 3 teaspoons turmeric
- 1 cup brown sugar
- 3 pints vinegar

- Cut the vegetables into small pieces, not too small, put in a kettle, cover with salt water and boil until tender.

- Then strain off the water and add the mustard, pepper, celery, sugar, and turmeric, then add the vinegar, and let it come to a good boil. This makes one gallon.

  - *Mrs. Anna Humes*

### Peaches and Custard Pie

- 9-inch pie shell, unbaked
- 4 cups peeled, sliced peaches
- 1 cup sugar
- 1 egg, well beaten
- 1 cup milk
- 2 tablespoons cornstarch
- ½ tsp. cinnamon
- Pour half the sugar over the sliced peaches and set aside. In a bowl, combine milk and cornstarch. Add beaten egg and remaining sugar.

- Pour mixture over peaches. Sprinkle cinnamon inside unbaked pie shell. Pour peach filling into pie shell and bake at 350 degrees of 45 minutes to 1 hour.

**Corn Bread**

| - 1 cup corn meal |
| - ¼ cup flour |
| - 2 Tbls sugar |
| - 1 large tsp. baking powder |
| - 1 egg |
| - 3 Tbls shortening, melted |
| - Pinch of salt |
| - 2 cups milk |

- Combine one cup corn meal, one-quarter cup flour, two tablespoons sugar, one large teaspoonful baking powder, one egg, three tablespoonsful of melted shortening, salt to taste, and two cups of milk. Mix thoroughly and bake.

- Mrs. W.B. Deen, Caroline County