



Florida's BEST Blue Crab Recipes!



By Sharon E. Buck
Illustration by Jonnie (Church) Kolmbach

The
BLUE CRAB COOKBOOK
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Ouroboros Publishing • Jacksonville, Florida

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Our attorneys have strongly encouraged us, and since we pay them, to include the following:

If you are allergic to shellfish and eat any of these recipes, we are not responsible for your getting ill. None of the names on the recipes are from real friends of ours. Yes, we do have friends but we did not use their names. Any resemblance to anyone living or dead is purely accidental. The recipes are legitimate.

Please note: you may substitute pasturized or canned crab meat in any of the recipes.

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Unfortunately, we could not find the original graphic designer's page for the About Us page. So, we left the original scanned page in on the following page.

ABOUT US

It was one of those perfect summer nights where the full moon shone brightly on the picnic table filled with steamed blue crabs. Sharon E. Buck and Jonnie Church Kalmbach, both Palatka, Florida natives, were sitting around chomping down on the delicious blue crabs when a brilliant idea struck. Friends later said they thought it really was just a stray lightning bolt that hit really, really close to the picnic table temporarily blinding all.

Sharon and Jonnie's version is they were talking and suddenly the blue crabs all jumped off the table. They both swear the blue crabs started talking and making fun of all cooks everywhere. Thus, was born their desire to publish a cookbook and get back at the crabs, showing them who are the bosses over all!

With divine inspiration, Jonnie created all of the illustrations. Sharon wove the folksy humor and recipes together, thus striking fear in blue crabs everywhere.

We hope you enjoy the cookbook.



ABOUT BLUE CRABS

How to catch, clean, and eat them

While blue crabs are sometimes elusive when trying to catch them live, you can almost always find canned or pasteurized blue crab meat at your local grocery store.

Live blue crabs are usually sold by the dozen. The canned or pasteurized crab meat is available as lump, flake, or claw meat.

Catching Blue Crabs

Keeping in mind, this is not the commercial version of catching crabs. This is the slower version.

The easiest way to catch a blue crab, other than going to the seafood market and picking them up, is to take chicken pieces you normally don't eat (the neck, gizzards, etc.), attach them to the bottom of a crab trap (we use string), toss it in the river, and come back several hours later. There should be at least a crab or two in there. If you have a really good spot, you may find the trap full. Your tummy will start to growl at the pleasurable thought of steaming and eating all of those blue crabs!

And, yes, you can catch blue crabs from the river banks; and, yes, you can watch them crawling into the trap; and, yes, you can watch them crawl into to your trap and then yank up the trap.

You may find yourself doing this just a few times before heading on over to the fish market to get your own live blue crabs.

PREPARATION

Cleaning and Eating Blue Crabs



1. Remove the claw and set aside for later use. Hold the crab firmly in one hand with the top shell up. Lift the top shell off with opposite hand (figure 1)



2. Scrape out the internal organs and cut off the face. (figure 2)



3. Slice off the top of the inner skeleton (beneath the gills) on first one side and then the opposite and remove all exposed meat on these slices. (figures 3 and 4)



(continued)

PREPARATION (continued)

Cleaning and Eating Blue Crabs

5.



Place thumb over exposed backfin lump meat and carefully cut down and away the legs on both sides. (figure 5)

6.



At the back of the crab on each side is the backfin lump of meat. Remove this backfin lump with the point of a knife (figure 6). Remove the white flake meat from the other pockets with the point of the knife.

7.



Hold the claw on a hard surface with its inside portion upward. Score the claw using a sharp blow with the hard edge of a knife blade near the pincers. Break the claw at the point of the score. (Figure 7)

8.



Use in this form for serving as crab fingers or remove the meat by clasp it with the thumb and fingers of one hand while pulling out the tendon with the fingers of the opposite hand (figure 8). Crack the section to remove the meat from the remaining section of claw. Pull out the meat with a knife or small fork.



APPETIZERS

IT'S A GUY THING CRAB APPETIZER

For that special man in your life who is truly convinced he will die of hunger if you don't leave him something to eat while you run to the grocery store (to get HIM more food).

- 1/2 pound of crab meat**
- 1 pat softened butter**
- 1 jar Kraft "Old English" Cheese Spread**
- 1 package Sourdough English Muffins**

Mix crab, butter and cheese together. Spread on split English muffins. Place under broiler until topping is brown and bubbling. Serve crab appetizers hot.

Even HE can put the muffins under the broiler. Don't worry about telling him how many minutes it will take to brown the top. Trust us when we say he'll stand there and watch it to make sure it doesn't burn.

Supposedly this appetizer goes well with your favorite foamy libation. Since we gave up foamy libations for Lent, Christmas, and Thanksgiving, we'll just have to take our favorite guy's word for it.



ERLINE'S CRAB STUFFED CHERRY TOMATOES

For those of us who know Erline personally, we know she can be a wee bit cranky about sharing her recipes. We threatened to tell the world that Erline makes Little Orphan Annie eyeballs at us with this recipe. She immediately offered to share this recipe. Unfortunately, Erline didn't ask us not to tell about her Little Orphan Annie eyeballs.

- 15 ripe and washed cherry tomatoes**
- 1/4 pound blue crab meat**
- 2 teaspoon plain lowfat yogurt**
- 1 teaspoon chopped parsley**
- 1 teaspoon finely diced onion**
- 1/2 teaspoon Worcestershire sauce**
- 1/8 teaspoon seafood seasoning**
- 1/8 teaspoon white pepper**
- Dash of salt**
- Parsley**
- Paprika**



Cut off the tops of the tomatoes and scoop out the seeds. Combine remaining ingredients and mix gently. Spoon the mixture into tomatoes, filling about 1/2 inch over tomato tops. Sprinkle lightly with paprika and parsley. Serve cold or hot. To heat, bake in a preheated 375 degrees oven for 10 minutes.

Erline is no longer speaking to us and has threatened to feed us dog food in the cherry tomatoes the next time she sees us.

Open note to Erline: Erline, your appetizers are just sooo good that we had to blackmail, oops, encourage you to share this recipe. Please don't be mad at us and, pretty please, don't stick dog food in the tomatoes!

LULU GAYLE'S CRAB BALL

Sometimes the simplest variation on a tried and true theme turns out well. This is a variation on the traditional cheese ball. Lulu Gayle swears this a great, quick and easy recipe to do when you have unexpected guests drop in.

1 pound crab meat
1 (8 oz.) package softened cream cheese
1 stick butter
1 small onion minced fine
Dash of Worcestershire sauce
Old Bay Seasoning

Mix together cream cheese, butter, onion, and Worcestershire sauce. Add crab meat and mix thoroughly. Divide into 2 balls about the size of a grapefruit. Completely roll each one in Old Bay Seasoning, working to keep a nice firm ball. Refrigerate. Serve with crackers.

Lulu Gayle has been known to compliment the crab ball with green olives eyes and pimento strips for the mouth. This can be a wee bit disconcerting if you haven't been to her house before.



SHERRY JO'S CRAB BITES

Sherry Jo is just one of those really sweet people who knows how to cook. The church ladies all agree these crab bites should be trademarked and sold nationally.

8 ounces crab meat (about 1/2 pound)
1-1/2 cups soft bread crumbs
1 beaten egg
2 tablespoons cocktail sauce
2 tablespoons mayonnaise
2 tablespoons minced green onion
2 teaspoons chopped fresh parsley, or about 1/2
teaspoon dried
1/2 teaspoon dry mustard
Dash cayenne pepper
Dash black pepper
1 cup crushed potato chips
Cocktail sauce for serving

In a large bowl combine crab meat, bread crumbs, beaten egg, 2 tablespoons cocktail sauce, mayonnaise, green onion, parsley, mustard, both cayenne and black pepper, mix well. Cover and chill for 1 hour. Form crab mixture into balls, using rounded teaspoon for each. Roll balls in crushed potato chips and place on baking sheet. Bake in preheated 425 degrees oven for 10 to 12 minutes or until hot and nicely browned. Serve with cocktail sauce. Makes about 36 crab bite appetizers.

Now the church ladies absolutely love this recipe and we had a devil of a time trying to convince them to let Sherry Jo share this recipe. We finally agreed that only nice people could eat these crab bites. So, be nice out there!

PIPPA'S CRAB MEAT CANAPÉS

Why her mother named her Pippa we'll never know! Regardless of a weird, new Southern name...what? Of course, Pippa is a distinctly unique Southern name.

- 1 pound jumbo lump crab meat
- 1/4 cup mayonnaise
- 1 teaspoon Dijon mustard
- 2 tablespoons chopped tarragon
- 1 small lemon, zested
- 1 small lemon, juiced
- Coarse salt and freshly ground black pepper
- 1 small English cucumber, ends trimmed and sliced thin, about 1/8th-inch thick
- 4 to 5 small heads endive, washed and pulled apart
- 2 roasted red peppers,

(buy it in the supermarket, it is a pain in the neck to do them at home...and, what the heck, we're lazy!)

Mix the crab, mayonnaise, mustard, tarragon, lemon zest, and lemon juice together. Stir to combine. Season, with salt and pepper to taste.

Top each slice of cucumber or leaf of Belgian endive with 1 heaping tablespoon of crab salad. Garnish each mound with a strip of roasted red pepper.

Pippa serves these melt-in-your-mouth crab canapés at her Girls Night Out parties.

TONI'S BAKED SPRING CRAB ROLLS

Miss Antoinette, Toni to her friends, learned this variation of an egg roll from her drycleaner's wife, Wandahavfun.

- 1 tablespoon olive oil
 - 1/2 finely chopped red bell pepper, chopped fine
 - 2 finely chopped stalks of celery
 - 6 finely chopped water chestnuts
 - 1/2 finely chopped small onion
 - 1/4 cup fresh bean sprouts, about a handful, chopped
 - 12 ounces crab meat
 - 2 tablespoons dark soy sauce
 - 1/2 teaspoon dried thyme leaves
 - 4 (13 by 17-inch) sheets defrosted phyllo dough
(you can buy it in the frozen food section of the grocery store)
 - 3 tablespoons melted butter
- Preheat oven to 400 degrees**

Add oil to a preheated skillet over medium heat. Sauté the bell pepper, celery, water chestnuts, and onion 2 to 3 minutes. They should still have a little crunch. Transfer to a bowl. Add the bean sprouts, crab, soy sauce, and thyme. Mix together. Paint half of a sheet of the phyllo dough with melted butter and fold sheet in half. Pile a few spoonfuls of filling 2 inches from the bottom of sheet and leaving 2 inches at either side of sheet. Fold bottom flap up and side edges in, then roll up and over until you reach the top of the sheet. Your crab pastry will look like a spring roll. Touch the edges and sides of your roll with melted butter and place roll seam side down on a pastry sheet. Bake the rolls 15 minutes or until lightly golden all over in the center of the oven.

Toni slices the spring rolls on a diagonal and serves them as finger food, i.e., you can lick your fingers after eating them.

BOBBIE SUE'S DEVILED CRAB ROLLS

Bobbie Sue worked in the school cafeteria lunchroom for many years and this recipe is from her personal collection. She assures us this recipe was never used in the school lunchroom, "because crab is too expensive for the school system."

2 pounds stale bread, cut into cubes
2 quarts water
2 ounces salt
1/2 ounce garlic salt
1 tablespoon black pepper
1/2 teaspoon red pepper flakes
1 teaspoon crab boil seasoning
1 stalk celery, chopped fine
2 medium chopped yellow onions
1-1/2 pounds bread crumbs
1 pound crab meat
1 pint Crab Sauce (recipe follows)

In a large bowl place the cubed stale bread. Pour the water over and let soak for 10 minutes. Sprinkle the salt, garlic salt, black pepper, red pepper flakes, crab boil seasoning, chopped celery, and chopped onions. Combine all the ingredients together.

In another large bowl, combine the bread crumbs, crab meat, and crab sauce. Mix together.

Take a small handful of the bread mixture and using your thumb or finger, press out a hole. Take a small scoop of the crab mixture and place it into the hole. Bring the bread mixture around the crab mixture, forming a patty. Place on a cookie sheet lined with wax paper. Continue making patties until all of the mixtures are used.

In a large skillet, pour 1-1/2 inches of oil into the pan. Heat the oil to 375 degrees or until a small piece of the bread mixture sizzles and bubbles when placed in the oil. Place the patties in the pan, being careful not to crowd them. Fry until golden on 1 side, about 3 to 4 minutes, and then flip over and fry until golden on the other side.

BOBBIE SUE'S DEVILED CRAB ROLLS - continued

In a large skillet, pour 1-1/2 inches of oil into the pan. Heat the oil to 375 degrees or until a small piece of the bread mixture sizzles and bubbles when placed in the oil. Place the patties in the pan, being careful not to crowd them. Fry until golden on 1 side, about 3 to 4 minutes, and then flip over and fry until golden on the other side.

CRAB SAUCE:

8 ounces crushed tomatoes (1 can)
4 ounces tomato puree
1 teaspoon garlic powder
1 teaspoon salt
1 bay leaf
2 ounces hot sauce
4 ounces crabmeat
1 small chopped onion

Combine all the ingredients in a pan and cook over medium heat, at a simmer, for 30 minutes. Chill the sauce before using.



MARGE'S STUFFED MUSHROOM CAPS

Marge is a sweet, more mature lady (notice we skirt around the issue that she's old as Methuselah and won't tell her actual age to anyone) and she serves this appetizer at large family gatherings.

- 1 large chopped onion
- 2 pounds large mushrooms
- 1 teaspoon basil
- 1 tablespoon parsley
- 1 chopped green pepper
- 1 teaspoon dry mustard
- Some bread crumbs
- 1/2 pound grated Monterey Jack cheese (get it from the grocery store)
- 1 pound crab meat
- Butter



Saute mushroom stems in butter with basil, onion, parsley, pepper, dry mustard and bread crumbs. Cool. Add in crabmeat and mix gently. Stuff mixture in mushroom caps, top with grated cheese, and bake at 350° for about 20 minutes.

This is one of those recipes you shouldn't sip a lot of sherry before you start chopping the ingredients. The top part of a finger does not make a lovely garnish.



SALADS

RAY DON'S MARINATED CRAB SALAD

When Ray Don first offered his world famous (in his mind anyway) marinated crab salad recipe to us, we were a wee bit concerned that it might contain some rather potent liquid libation for the marinating process. We are happy to report no need to worry!

- 1 cup olive oil
- 1 cup red wine vinegar
- 2 large minced garlic cloves
- 1-1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup chopped parsley
- 1/4 cup chopped fresh tarragon
- 1 pound cooked crabmeat
- 6 cups mixed greens
- 4 to 6 lemon wedges

In a glass or plastic bowl combine the oil, vinegar, garlic, salt, pepper, parsley, and tarragon. Add the crab, mix well, and refrigerate. Toss every hour for 4 hours.

Serve on a bed of mixed greens and squeeze a lemon wedge over the salad right before eating.

The marinated salad matches up well with the normal day-to-day marination of Ray Don. The salad goes well with sweet iced tea.



BLANCHE'S ASPARAGUS AND CRAB SALAD

We have it on very good authority that the Thursday Ladies Bridge Club dine on this light and filling dish regularly.

- 1 pound crab meat
- 2 pounds trimmed fresh asparagus
- 2/3 cup fresh chopped chives
- 3 whole navel oranges
- 3 tablespoons fresh squeezed orange juice
- 3 tablespoons sugar
- 3 tablespoons white vinegar
- 1 teaspoon grated orange peel
- ? cup Dijon mustard

Cook asparagus in a large pot of boiling water until crisp and tender (about 4 minutes). Cut about 6 inches off the top from the asparagus and set aside. Slice remaining asparagus. Transfer slices to a large bowl and add chopped chives. Cut and peel the oranges, remove all the membranes. Segment the oranges. Add orange segments to the asparagus and chive mixture. Gently mix in the crab meat and season salad with salt and pepper. For the dressing, whisk orange juice, sugar, vinegar and orange peel in a medium mixing bowl until sugar dissolves. Whisk in mustard and season with salt and pepper. Arrange tips of the asparagus spears around the perimeter of the serving platter. Top the asparagus with the crab, chive, and asparagus mixture and spoon the dressing over it all.



MISS PAULA JEAN'S BAKED SHRIMP AND CRAB SALAD

The woman is an absolute delight to visit with and her salad is wonderful. Of course, you (meaning your family) have to have lived here for at four generations for her to speak to you.

- 1 chopped green bell pepper
- 1 chopped onion
- 1 cup finely chopped celery
- 1/2 pound (8 ounces) crab meat
- 1/4 pound (4 ounces) medium shrimp
- 3/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 cup buttered cracker crumbs



Preheat oven to 350 degrees. Grease a medium casserole or glass baking dish with butter.

In a large bowl combine the bell pepper, onion, and celery. Add the crabmeat and shrimp, then the mayonnaise, salt, pepper, and Worcestershire sauce. Toss it gently with a plastic spatula to mix. Spoon the mixture into the prepared dish. Sprinkle crumbs over top. Bake until a golden brown crust develops, about 30 minutes.

As you can see, it pays to be a multi-generational friend.

MARY JANE'S CRAB SALAD ON CROISSANTS

Mary Jane is truly convinced crab salad should be on bread, not on lettuce leaves on a plate. Whichever way you prefer your crab salad, it's always delicious.

- 12 ounces fresh crab meat
- 2 ribs finely chopped celery from the heart
- 1/4 cup finely chopped white onion
- 3 tablespoons mayonnaise
- 1/4 cup chili sauce
- 1 teaspoon hot sauce
- 1 teaspoon Worcestershire sauce
- Salt and pepper
- Bibb or leaf lettuce, 4 leaves
- 4 large croissants, split lengthwise

In a bowl combine the celery, onion, mayo, chili, hot sauce, and Worcestershire. Add the crab meat to the bowl and mix with a fork. Season to your taste with salt and pepper. Pile salad on lettuce leaves in croissants. Cut each croissant in thirds on angles, following the shape of the pastry. Arrange sandwiches on a plate and serve.

Mary Jane has been known to hog all of the crab salad for herself and serve her guests bologna sandwiches and potato chips. If she invites you for lunch, be prepared to eat bologna sandwiches.

PEGGY'S VERSION OF KING LOUIS

Peggy has always had an affinity for anything French. It is because she once dated a French man when she was 20.

- 2 cups crabmeat (about 1 pound)**
- 1 cup mayonnaise**
- 4 teaspoons chili sauce**
- 1 tablespoon finely chopped green bell pepper**
- 1 teaspoon freshly squeezed lemon juice**
- 1/2 teaspoon kosher salt, plus more to taste**
- 2 finely chopped scallions**
- Worcestershire sauce to taste**
- Hot sauce to taste**
- Freshly ground pepper**
- 1 hard-boiled egg**
- 4 to 8 Bibb lettuce leaves, washed and dried**
- 4 thick slices beefsteak tomatoes**
- 1 ripe avocado, seeded, peeled, and quartered lengthwise**

Put the crab meat in a large bowl. In a medium bowl whisk together the mayonnaise, chili sauce, bell pepper, lemon juice, salt, scallion, a couple dashes Worcestershire, and hot sauce. Season the dressing with pepper to taste.

Gently fold about 1/4 cup of the dressing into the crab with a rubber spatula. Take care not to break the crab into smaller pieces. Put the crab salad and the dressing in the refrigerator until cold. Meanwhile, put the hard-boiled egg in a fine sieve set over a bowl. Using the back of a spoon, rub the egg through mesh to make a fine textured garnish. Set aside. Divide the lettuce leaves among 4 plates. Top each leaf with a tomato slice and season with salt and pepper to taste. Place an avocado quarter across each tomato slice and top with 1/4 of the crab mixture. Spoon some of the dressing over the crab and sprinkle each salad with some of the egg.

Peggy swoons almost every time she serves this dish. It's too bad the French guy she dated ran off with her best friend.

JACKIE MAE'S CRAB SALAD

We all know Jackie Mae as one of the more efficient cooks in the area (she's just flat out the laziest person we know but don't tell her we said that). Simple but good describes this recipe.

- 1 pound of crab lumps (or also known as chunks)**
- 1 cup of finely chopped celery**
- Dash of red pepper**
- Salt to taste**
- Just a little mayonnaise to moisten**

Mix lightly and serve on lettuce. Toss a couple of crackers next to it and you have a meal!

You can't make this recipe any more simple unless you find someone to make it for you!



LOUIE, LOUIE, LOUIE CRAB SALAD

Yep, you guessed it! One of our male high school friends actually makes this salad but refuses to let it be known that he can cook...particularly to his wife!

LOUIE, LOUIE, LOUIE DRESSING:

- 1 pint mayonnaise
- 1/2 pint tomato ketchup
- 1/2 cup sweet relish
- 1/2 cup chopped black olives
- 2 chopped hard boiled eggs

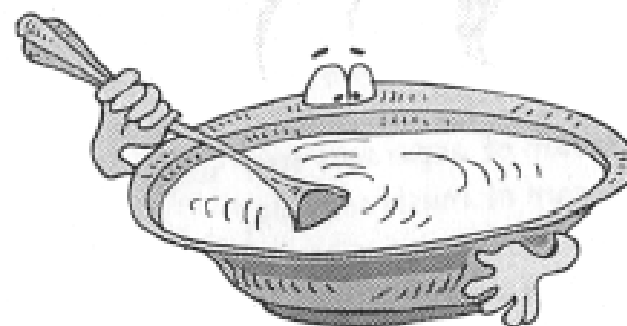
LOUIE, LOUIE, LOUIE SALAD:

- 1 head of chopped iceberg lettuce
- 8 to 12 ounces crabmeat
- 1 peeled and pitted avocado, slice it lengthwise very thin
- 3 tomatoes, quartered
- 1/2 pound asparagus spears, cooked.

To make dressing, mix together mayonnaise, ketchup, relish, olives, and eggs.

Put the lettuce on a large plate. Top with crab, avocado, tomatoes, and asparagus. Drizzle with Louie, Louie, Louie dressing.

As you can probably tell from the title of the recipe, our male friend played in a rock band and Louie, Louie is his favorite song of all time. What an ode to a salad!



SOUPS

CATHY'S THROW IT TOGETHER CRAB BISQUE

Ask Cathy's kids what kind of cook she is and they will tell you, "The canned kind." Yep, Cathy is the one who just opens cans and somehow, miraculously, makes a great dish.

1 can cream of asparagus soup
1 can cream of mushroom soup
1/4 cup milk
1/4 cup half-and-half
1/2 pound crab meat
1/4 cup dry sherry

Using a heavy saucepan, combine all of the ingredients and bring to a boil. Reduce the heat and allow to simmer for 5 minutes. Serve with your favorite crackers.

We've heard rumors that this soup tastes really good with an extra glass of sherry. We have personally never tried this...of course!



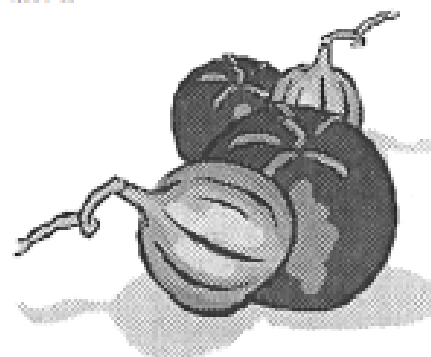
ELEANOR RUTH'S CRAB AND TOMATO BISQUE

Yes, every cookbook has to have one hoity-toity recipe to appease the matron of the social scene. Much as we hate to admit it, us being borderline rednecks and all, this is soup is actually good.

2 tablespoons butter
2 tablespoons flour
2 cups milk
Dash of salt
Dash of pepper
1 cup crab meat
1 cup tomato juice

Melt the butter, gradually add the flour, and blend it well. Gradually add the milk, stirring constantly, until it thickens. Add the salt, pepper, and crab meat. Heat the tomato juice in another pan and then add it gradually, stirring constantly, to the pan with all of the other ingredients. Serve immediately.

Okay, Eleanor Ruth, you have our grudging thanks for this recipe. By the way, we won't be playing ladies poker at your house any more.



ETHEL'S CRAB BISQUE

Ethel isn't one to make everything from scratch. She is a VERY firm believer in the K.I.S.S. (keep it simple, sweet-heart) method of cooking.

3 cans of store bought condensed crab bisque
2-1/4 cups plus 6 tablespoons heavy cream
3 tablespoons fresh lemon juice
3 tablespoons chopped fresh parsley leaves
3/4 pound crab meat (or 3 cans picked over well)

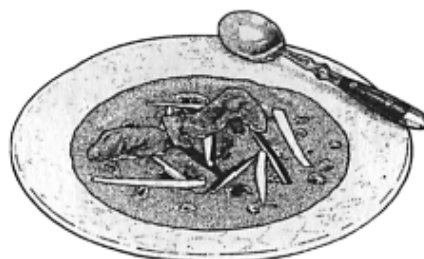
Salt

Cayenne pepper

Splash of sherry (cooking sherry is fine for this)

In a medium saucepan, combine the canned bisque, heavy cream, lemon juice, parsley, and crabmeat, bring to a simmer over medium heat for 5 to 10 minutes. Season the soup to taste with salt and cayenne pepper. Add a splash of sherry to the soup before serving. Add 1 tablespoon of cream to each bowl and swirl with butter knife to create a pretty design.

Ethel does have a way with sharing her recipes. She stuffed this one in an empty blue crab shell and put a smiley face next to it.



ELSIE'S CRAB CHOWDER

Winter time, summer time, any time is good for this crab chowder.

1 diced yellow onion
2 diced stalks celery
1 stick butter
3/4 cup flour
10 slices bacon, slightly undercooked and chopped up
5 medium potatoes, peeled, diced and par-boiled for about 5 minutes

1/4 cup chopped fresh parsley

1/4 teaspoon paprika

1/8 teaspoon garlic salt

1/8 teaspoon celery salt

1/8 teaspoon white pepper

1 teaspoon seafood seasoning

Salt and freshly ground black pepper

1 quart milk

1 pint heavy cream

1 can corn

1 pound blue crab meat

In medium soup pot, saute the onion and celery on medium heat, with butter about 2 minutes. Turn heat to low, add the flour, and mix well until pasty. Using a whisk, stirring slowly, add soft cooked bacon, diced cooked potatoes, parsley, paprika, garlic salt, celery salt, white pepper, seafood seasoning, salt and pepper to taste. Mix well and then slowly add the milk and cream, stirring constantly. Add the corn, and finally, gently fold in the crabmeat. Stir slowly.

Even Elsie's children like this soup and they are picky-picky eaters. We know because they aren't allowed to come back over to our house for dinner.

MACEY'S CRAB CURRY

Although not technically a soup, Macey has a way of making any dish somewhat soupy. She swears she always follows the directions to a "T" but the food gods must be against her.

- 1 pound crab meat
- 1/4 cup finely diced red onion
- 1/4 cup finely diced scallion
- 1/4 cup finely diced red pepper
- 1/2 cup diced potatoes
- 2 tablespoons curry oil (look below)
- 2 tablespoons mayonnaise
- 1/2 cup half and half
- Salt and fresh ground black pepper

In bowl put crab meat, onions, scallions, red pepper, and potatoes mix well. In another bowl, whisk curry oil, mayonnaise, half and half together. Add curry mixture to crab mixture, season with salt and black pepper.

CURRY OIL:

- 1 cup canola oil
- 1/4 cup curry powder

In skillet heat oil and curry powder slowly, stirring constantly until curry is fragrant without burning. Remove from heat and set aside to cool. Let curry settle overnight then pour off oil. Store in refrigerator.

Macey, honey, we didn't have any problems with this recipe.

LUCY LU'S CRAB SOUP

Lucy Lu, Lucy Lu's mamma, passed this tasty recipe on down to Lucy Lu before she ran off with the insurance man to Tennessee. The original recipe called for considerably more than a tablespoon of Jack Black in it. It didn't taste very good that way so we modified it slightly and substituted sherry for the Jack Black. Much, much better!

- 1-1/2 tablespoons butter
- 1-1/2 tablespoons flour
- 1 teaspoon dry mustard
- A couple dashes of black pepper
- 2 teaspoons salt
- 1 tablespoon Worcestershire sauce
- 3 cups hot milk
- 1 cup blue crab meat
- 1 tablespoon sherry

Melt butter, add the flour, mustard, pepper, salt, Worcestershire and stir for 10-15 minutes until a smooth sauce results. Mix the milk and crab together and add to the sauce stirring constantly until it thickens. Add the sherry at the last minute before serving.

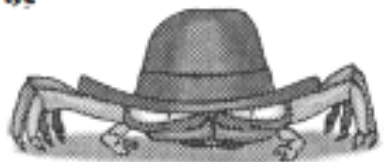
We really think on the original recipe that Patsy Lu and Lucy Lu drank a wee bit too much of Tennessee's finest and that's what resulted in a 4 cup call for Jack Black. We're sure you'll agree that 1 TABLESPOON OF SHERRY is more than sufficient for this wonderful soup!



SHE CRAB, HE CRAB SOUP

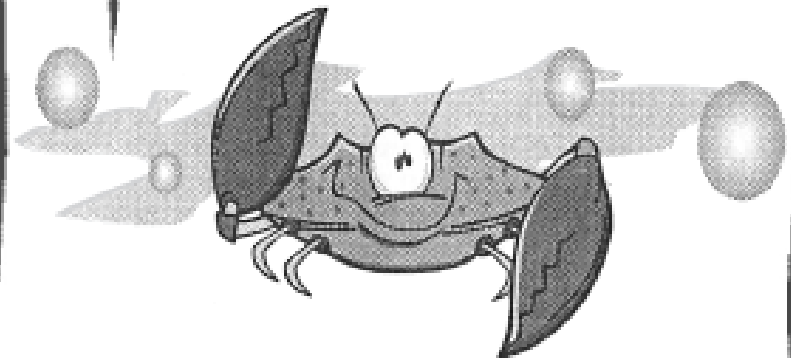
Married couples occasionally "crab" about each other and so this Blue Crab Soup was born. Heck, it sounds like as good a reason as any for the name.

- 4 tablespoons butter
- 4 tablespoons flour
- 2 grated small onions
- 6 grated ribs of celery
- 1 tablespoon minced garlic
- Salt and pepper
- 1 teaspoon mace
- 1 quart whole milk
- 1 cup cream
- 1 tablespoon hot sauce
- 2 tablespoons Worcestershire sauce
- 2 pounds crab meat
- 1 finely chopped hard boiled egg
- 1/2 cup sherry
- 1 tablespoon finely chopped parsley



On low heat melt the butter and flour together. Cook the mixture for 3-4 minutes for a blond roux. Stir in the onions, celery, and garlic. Season with the salt, pepper, and mace. Cook for 2 minutes. Whisk in the milk, cream, hot sauce, and Worcestershire. Bring the liquid up to a boil and reduce to a simmer. Simmer the soup for 15 minutes. Stir in the crab meat and continue simmering for 10-15 minutes. Before serving add the sherry. Do Not Stir. Sprinkle the chopped eggs in the bottom of each bowl. Ladle the soup into each bowl.

You won't be whining after eating this soup!

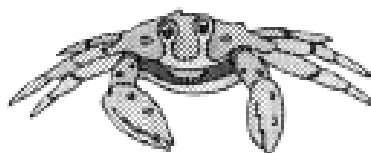


MAIN DISHES

LIZZIE'S CRAB GUMBO

This recipe is so good it will make your tongue slap around inside your mouth until it gets some of this excellent gumbo.

- 3/4 cup flour**
- 4 cups chopped onions**
- 4 cloves garlic**
- 2 tablespoons of bacon drippings**
(or as we Palatkans call it, bacon grease)
- 1 cup chopped celery**
- 1 tablespoon salt**
- 4 bay leaves**
- 1 tablespoon crab boil**
- 1/2 pound chopped fresh okra** (okay, you CAN use frozen but it's not as good and, for goodness sake, DO NOT use canned tomatoes and okra!)
- 3 cans of stewed tomatoes**
- 2 tablespoons of tomato paste**
- 1 pound of crabmeat (or 12 crabs) or more**
- 1 pound of shrimp or more**



Brown the flour, onions, celery, garlic, and bacon drippings until it is a caramel brown color. Add the stewed tomatoes slowly, stirring all the while. Add the bay leaves, crab boil, tomato paste, salt, and stir thoroughly. Bring to a boil, turn down to low heat, and let cook for at least an hour. The longer it cooks the better it gets. Twenty minutes before you want to serve it, add the okra, crabmeat, shrimp, and bring to a boil. If you need to add water, make sure you stir it in thoroughly. Serve with rice.

Note: If you don't know rice goes with this dish, you aren't a Southerner.



STEAMED BLUE CRABS

If you know what you are doing, you can go catch your own blue crabs in the beautiful St. Johns River. If you're like us (your basic lazy person), you can purchase them at your local fish market or even sometimes at the grocery store in the seafood section. You want live blue crabs not the frozen solid ones..

- 24 crabs**
(supposedly you can figure 4 crabs per person, we find this to be incorrect. Some of us eat many, many more!)

- 1 Bulb of Garlic**
(not a clove, the entire thing)

- Your Favorite Spicy Seafood Seasoning**
(we use crab boil) to taste.

Have your favorite liquid libation nearby (steaming crabs is thirsty work) and put about 2 inches of water in a large pot. Put the bulb of garlic, a couple of tablespoons of seafood seasoning in the pot, and bring to a boil. Toss the blue crabs into the pot. Make sure you put a lid on the pot! You don't want the crabs crawling out! Cook approximately 12-15 minutes. Drain the water and eat the crabs. Some folks a dipping sauce of lemon and melted butter, others use their favorite seafood sauce.

It's been rumored you can die happy eating Palatka's famous blue crabs. We aren't dead, yet, but our tummies sure are mighty happy when we eat our fill of the steamed crabs!

LOW COUNTRY CRAB BOIL

Okay, we know low country really refers to the low country of South Carolina. Low country here simply means there's a water-filled pothole in the middle of the road.

2 tablespoons of your favorite crab boil
per quart of water
12 red new potatoes
6 onions cut in half
Smoked sausage cut into 1-inch pieces
6 ears of corn cut into 3-4" inch sections
3 pounds of fresh, unpeeled shrimp
18 blue crabs

Put the crab boil in a large pot with enough water to cover all of the ingredients. Bring to a boil and add the potatoes, onions, and sausage. Cook at medium heat for 20 minutes. Add the corn and cook for 10 more minutes. Add the shrimp and the crabs. Cook for 3-5 minutes. Drain the water off and pour the pot's contents on a newspaper-covered picnic table. Eat with your fingers (or fork) and enjoy!

You know, it has been widely rumored in this rural part of Northeast Florida that women can eat as much or more of the Low Country Boil than men. I think that's because the women won't let the men near it! Of course, it helps that the Palatka ladies placed the men's favorite beverages nowhere close to the food!

BETTY SUE'S CRAB CASSEROLE

While Betty Sue ain't never been "quite right" since she came back from that one night in Atlanta, we can assure you that there is nothing wrong with her cooking!

4 tablespoons of butter
2 tablespoons of flour
1 pound crab meat
2 teaspoons lemon
1/2 teaspoon of horseradish
(more if you like a little extra spice)



1 cup milk
1 cup grated cheese *(we suggest you go to the grocery store and get the already grated kind, we're not much into physical labor or hard work!)*
1 tablespoon of chopped parsley
1 teaspoon of your favorite mustard
1 teaspoons salt
1/2 cup of buttered crumbs *(or crushed Ritz, crackers)*

Melt butter in pan, add flour, and stir until smooth. Add the remaining ingredients, mix well, and pour into a greased casserole dish. Sprinkle the crumbs or crackers on top and bake at 400 degrees for 20 minutes.

While many of us who are less mature (under the age of 60) and aren't fond of casseroles, this is a wonderful dish to serve your mother and all of her friends (particularly those who are of the more mature mindset).

SUSIE'S CRAB-CHEESE FONDUE

Susie claims she discovered this dish accidentally; however, we heard on q.t. that she had been to a cooking school over in St. Augustine. Whatever method she used to come up with dish, it's still wonderful and makes a great dinner on a cool Florida night.

8 ounces cream cheese
1/2 cup dry white wine
6 ounces of shredded Swiss cheese
(run, don't walk, to the grocery store and get a bag)
1 teaspoon cornstarch
8 ounces of blue crab meat
3 tablespoons milk
2 teaspoons Worcestershire Sauce
1 teaspoon chopped parsley
Loaf of French bread, cubed

In saucepan over low heat melt together cream cheese and wine, stirring constantly. Toss Swiss cheese with cornstarch to coat. Stir in the crab, Swiss cheese, milk, Worcestershire sauce, and parsley into the wine mixture in the saucepan. Heat through. Transfer to fondue pot or chafing dish and keep warm. Spear the bread cubes with fondue fork and dip into fondue, swirling to coat.

Susie says even her redneck farmer husband likes the fondue dish. She was, of course, shocked to discover that!



MARY JANE'S CRAB STUFFED PORTOBELLO MUSHROOMS

Mary Jane spent a year in New York City and then decided to return to the South. As a result, she is still a redneck but now has an educated palate.

1/4 cup extra-virgin olive oil
4 large portobello mushroom caps, rinsed well
Grill seasoning blend (Montreal Steak Seasoning by McCormick is good)
2 tablespoons butter, plus 1 tablespoon
cut into small dices
1 bay leaf
2 ribs celery from the heart of the stalk
1 small chopped onion
1 small seeded and chopped red pepper
Salt and pepper
2 teaspoons crab boil seasoning
2 teaspoons hot sauce, eyeball it
6 ounces lump crabmeat
3 slices toasted white bread
1 cup chicken stock
A handful chopped parsley leaves

Heat a large nonstick skillet over medium-high heat. Pour olive oil into a small dish. Using a pastry brush, coat mushroom caps with oil. Grill 10 minutes, until tender and season with grill seasoning blend. Preheat a medium skillet, add remaining olive oil to pan — left from brushing mushroom caps — to skillet and combine with 2 tablespoons butter. Melt butter into oil and add bay leaf and chopped vegetables, season with salt and pepper and crab boil seasoning or poultry seasoning and paprika. Sauté until vegetables are tender, about 5 to 7 minutes. Add hot sauce to vegetables. Mix crabmeat with vegetables. Butter toasted bread with remaining 1 tablespoon of diced butter. Add toast to veggies and moisten stuffing with chicken stock. Adjust seasonings. Top cooked portobello caps with stuffing. Garnish with chopped parsley. Way to go, Mary Jane!

JIM BOB'S GARLIC STEAMED CRABS

Okay, let's face it, virtually every Southern family has a James Robert and we all shortened the name to Jim Bob.

- Pot full of crabs** (number varies according to the size of the pot, about 12)
- 2 (12-ounce) cans beer**
- 4 cups water**
- 1 (8-ounce) packet crab boil seasoning**
- 2 bulbs of garlic**
- 2 whole onions**
- 2 sticks melted butter** (optional)

In the pot put the beer, water, seasoning, and garlic and bring it to a boil. Add enough crabs to fill the bottom of the pot. Sprinkle more crab boil seasoning over first layer of crabs. Continue, alternating crabs and seasoning until pot is nearly full, leaving about an inch at the top. Cover tightly. Steam over high heat for 14 to 16 minutes. Halfway through cooking time, shake the pot to redistribute the seasonings. When done, remove the pot from the heat. Serve with small dishes of melted butter.

Jim Bob's words of advice, "Bibs are for babies and theme restaurants. Real men (and women, we hasten to add) eat crabs with their hands." Towlettes are a nice addition to eating crabs. Cooked crabs will keep in the refrigerator for a few days.

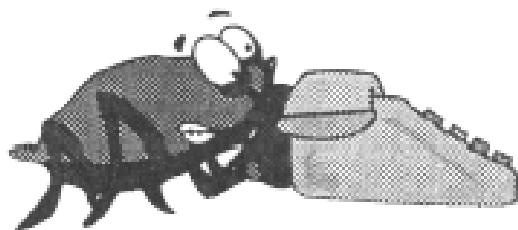


DIPS & SAUCES

GREEN ONION DIP

1 gallon water
1 onion, chopped
2 celery stalk, chopped
2 lemons, halved
1 jalapeno, halved
1 head of garlic, halved
3 sprigs of fresh thyme
2 bay leaves
2 tablespoons Crab Boil
3 pounds blue crabs
3 bunches of green onions
2 tablespoons chopped garlic
1 quart chicken stock
Salt and pepper

In a saucepan, combine the green onions, garlic, and chicken stock. Season with salt and pepper. Heat until the liquid simmers. Cook 10 minutes. Remove the sauce from the heat. Using a hand-held blender, puree the sauce until smooth. Strain the sauce through a fine mesh strainer. Place the crabs on a platter and serve with the dipping sauce.



HOT CRAB DIP

1 pound jumbo lump crabmeat
1 cup grated pepper jack cheese
3/4 cup mayonnaise
1/4 cup grated Parmesan
1/4 cup minced green onions (optional)
5 to 6 roasted garlic cloves or 2 cloves minced
3 tablespoons Worcestershire sauce
2 tablespoons fresh lemon or lime juice
1 teaspoon hot pepper sauce
1/2 teaspoon dry mustard
Salt and pepper to taste

Preheat oven to 325 degrees. Combine all of the ingredients in a casserole and gently stir until thoroughly mixed. Bake for 40 minutes. Serve hot with crackers or toast points.

LOUIE, LOUIE, LOUIE DRESSING

1 pint mayonnaise
1/2 pint tomato ketchup
1/2 cup sweet relish
1/2 cup chopped black olives
2 chopped hard boiled eggs

Goes with Louie, Louie, Louie salad.

BUDDY'S BLUE CRAB DIP

- 1 cup fresh blue crab meat
- 1 cup mayonnaise
- 1 cup cheddar cheese, grated
- 1/2 cup scallions, minced
- Freshly ground black pepper

Mix the crabmeat, mayonnaise and grated cheese in the top of a double boiler. Cook over medium heat until melted through. Stir in scallions and black pepper. Spoon onto toasted baguette or crackers. Serve hot.

CRAB SAUCE

- 8 ounces crushed tomatoes (1 can)
- 4 ounces tomato puree
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 bay leaf
- 2 ounces hot sauce
- 4 ounces crabmeat
- 1 small chopped onion



Combine all the ingredients in a pan and cook over medium heat, at a simmer, for 30 minutes. Chill the sauce before using.

Use on Bobbie Sue's Deviled Crab Rolls

CURRY OIL

- 1 cup canola oil
- 1/4 cup curry powder

In skillet heat oil and curry powder slowly, stirring constantly until the curry is fragrant without burning. Remove from heat and set aside to cool. Let it settle overnight and then pour off the oil. Store in refrigerator.

You can use it for dipping instead of butter and lemon.

LEMON-GARLIC SAUCE

- 1/4 cup mayonnaise
- 1 tablespoons lemon juice
- 1 garlic clove, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Mix together well. May be used on top of crab cakes.



MISS EVELYN'S HOT CRAB & ARTICHOKE DIP

Once you've tried this dip, you will know why everyone runs to this dip at a party.

14 ounce can artichoke hearts, drained and chopped
1/2 pound crab meat
8 ounce package softened cream cheese
1/2 cup sour cream
2 tablespoon mayonnaise
1 tablespoon lemon juice
1-1/4 teaspoon Worcestershire sauce
1/2 teaspoon dry mustard
Pinch of garlic salt
1/4 cup grated cheddar cheese
Paprika to garnish

In a large bowl mix the cream cheese, sour cream, mayonnaise, lemon juice, Worcestershire sauce, mustard and garlic salt until smooth. Add enough milk to make the mixture creamy. Stir in 2 tablespoons of the grated cheese. Fold in the crabmeat and artichoke hearts with the cream cheese mixture.

Pour into greased 1 quart casserole. Top with the remaining cheese, bake at 325 degrees until the mixture is bubbly and browned on top, about 30 minutes.

Miss Evelyn was thrilled to share this recipe with us. Her comments, "Let's spread food happiness throughout the world!"



VEGGIES

DONNA MARIE'S CORN CASSEROLE

Donna Marie keeps trying to pass down this recipe to her daughter. Unfortunately, the child is allergic to corn.

3 eggs, slightly beaten

1/4 cup melted butter

1 chopped small onion

1 chopped green pepper

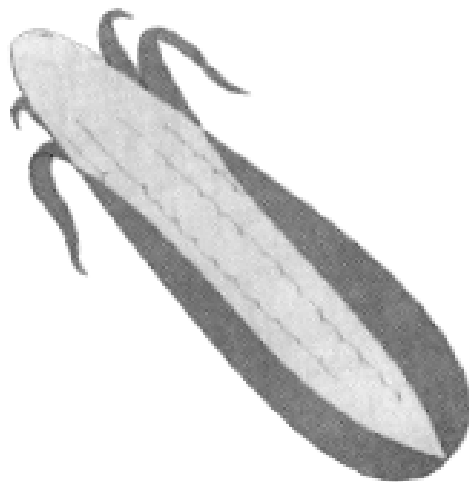
17-ounce can creamed corn

17-ounce can whole kernel corn (undrained)

8.5-ounce Jiffy corn bread mix

Slightly saute onions and green pepper in 1/4 cup butter in fry pan. Mix and add all of the other ingredients together. Put in well greased a 2-quart casserole dish (9 x 13 inch size). Bake at 350 degrees for 55 to 60 minutes. Serve with any meal. It can be cut in squares and is like a corn dressing.

If you aren't allergic to corn, this is great for those church dinners on Sunday.



BACKWOOD SAM'S SWAMP CABBAGE

Swamp cabbage can actually be a little tough to find. But, bless the hearts of supermarket corporate America, you can now actually find hearts of palm in a can! Otherwise, you go out to the woods, find a palm tree, cut it down, and whittle into it for hours to get to the good part.

2 heads swamp cabbage (will make a nice bowl full)

1/2 pound bacon

1 tablespoon sugar

2 1/2 cups water

Salt and pepper to taste

Put cabbage in a pot with about 2 1/2 cups of water and bring to a boil. As it is cooking, fry the bacon (not crispy!) and pour both the bacon and drippings into the pot of cabbage. Let cook until the cabbage is tender, adding the sugar and salt and pepper to taste.

Note: Palatka people being what they are (usually nice, friendly, and helpful) sometimes they're not willing to part with a special family recipe and they have to be gently persuaded to share it. As Backwoods Sam came up for air the third time, he decided it was time for the world to know about his famous swamp cabbage recipe. We hope you enjoy it.



LORI SUE'S BROCCOLI, CHEESE, AND BACON PIE

We know, we know many people don't like broccoli (including some former heads of state) but since we do, we convinced Lori Sue part with this recipe from her tightly closed little fists.

1/2 pound bacon
1/4 thinly sliced red onion
6 medium eggs
3/4 cup heavy cream
About 1 cup fresh broccoli heads, cut and steamed until tender
1/2 pound grated Swiss cheese
1/2 teaspoon salt
Pinch of crushed red pepper

Preheat oven to 350 degrees. Cut the bacon into small pieces and cook until crisp. Drain well. Cook the onion in about 1 tablespoon of the bacon grease. In a bowl combine the cream, eggs, broccoli, cheese, salt, red pepper, onion (drained), and bacon. Pour into a buttered dish. Bake until a knife inserted in center comes out clean (about an hour). Cool 5 minutes before cutting.



Yummy!

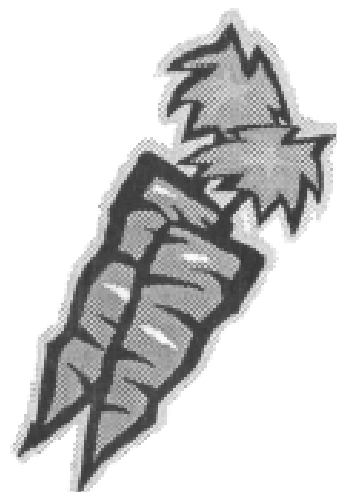
ELIZABETH'S CARROTS

This recipe came about because Elizabeth inadvertently mistook a jar in the refrigerator for a different type of sauce. The orange marmalade does add to the carrots.

Baby Carrots
Orange Marmalade
1/4 teaspoon Ground Ginger
Fresh Parsley

Steam the baby carrots until tender. Stir in a couple spoonfuls of the orange marmalade, and the ginger. Use the fresh parsley as a garnish.

We don't know what Elizabeth was going to put on the carrots but we're glad it was orange marmalade.



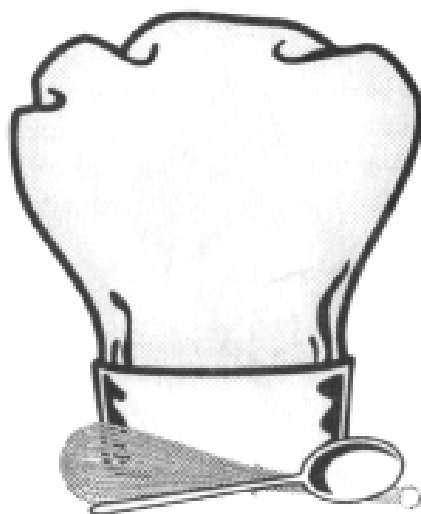
BO BO'S BAKED SQUASH WITH SAUSAGE

Bo Bo says this is a guy's dish plus it's sweet and spicy. He also says it goes well with your favorite foamy liquid libation.

- 2 small acorn squash
- 4 tablespoons pure maple syrup
- 2 tablespoons butter
- 1/2 pound bulk hot Italian sausage

Cut the squash in half and clean the seeds from the cavity. Put a fourth of the maple syrup, butter, and sausage in each cavity. Place the squash on a baking sheet. Bake at 350 degrees for 30-40 minutes or until fork tender.

For a single guy's recipe you can't go wrong, asserts Bo Bo.



DESSERTS

FLO'S FLUFF STRAWBERRY PIE

Why is it every Flo we have ever met works in a restaurant or diner? We think it might a genetic thing.

- 1 pint strawberries
- 2/3 cup sugar
- 1/4 teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon unflavored gelatin
- 1/2 cup cold water
- 1 cup chilled evaporated milk
- 1 teaspoon vanilla
- 1 Graham Cracker piecrust

Wash, hull, and slice strawberries into small pieces. Add the sugar, salt, and lemon juice. Chill for at least 1 hour. Soften the gelatin in water 5 minutes, dissolve over boiling water and add to the chilled strawberry mixture. Whip the milk very stiff and fold it in. Add the vanilla. Pour in crust and chill until firm. You may put whipped cream on top if you prefer.

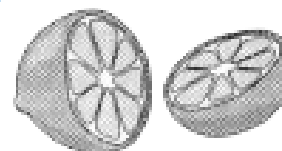
Flo says this is the easiest way to catch a man. She's probably right. She's on her sixth husband.



KINSLEY'S KEY LIME PIE

The name above has been changed to protect the identity of this snooty person. She was a wee bit concerned that people might actually think she knows how to cook and then she couldn't eat at their homes every night of the week.

- 16 crushed graham crackers
- 3 tablespoons sugar
- 1 stick (1/4 lb) butter



Mix the ingredients and press them into a 9" pie plate. Bake in a preheated 350 degree oven for 10-12 minutes until lightly browned. Place on a rack to cool.

PIE FILLING

- 4 large or extra large egg yolks
- 14 ounce can sweetened condensed milk
- 1/2 cup fresh Key lime juice (approximately 12 Key limes)
- 2 teaspoons grated lime peel, green portion only
- Whipping cream for garnish (optional)

Use an electric mixer and beat the egg yolks until they are thick and turn to a light yellow. DON'T over mix. Turn the mixer off and add the sweetened condensed milk. Turn speed to low and mix in half of the lime juice. Mix well, then add the other half of the juice and the zest, mix until blended (few seconds). Pour into the pie shell and bake at 350 degrees for 12 minutes. Serve with a dollop of whipped cream.

You know, Kinsley, you might make one of these pies and give it to those who feed you (for free, we might add) every night. It would certainly extend a lot of goodwill in the neighborhood!

DEE DEE'S SUPER, BEYOND EASY PECAN PIE

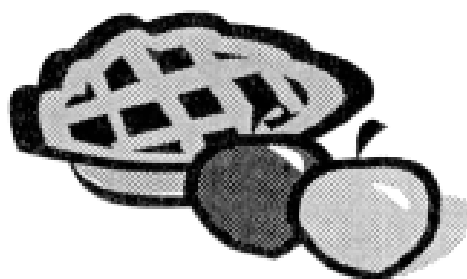
Although Dee Dee shakes like a bowl of jelly when she laughs, she does know how to make a mean pecan pie. There's nothing more Southern than a good pecan pie.

- 1 stick butter
- 1 cup sugar
- 1 cup Karo syrup
- 3 beaten eggs
- 1 cup chopped pecans
- 1 unbaked 9-inch pie shell

Preheat oven to 350 degrees

In a saucepan, melt the butter but don't let it brown. Mix in the sugar and corn syrup, stirring over medium heat until the sugar dissolves. Stir in the eggs. Mix well. Stir in the pecans. Pour into the pie shell and bake for 1 hour or until firm when shaken.

Forget about whipped cream or anything else on top of the pecan pie. God meant for it to be eaten "nekkid."



DAISY'S SWEET POTATO PIE

If you have never eaten sweet potato pie, you OWE it to yourself to do so. There is nothing better than a piece of warm sweet potato pie fresh from the oven. A SMALL dollop of whipped cream only adds to this dish.

- 2 large sweet potatoes
- Cooking spray
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 squeeze fresh lemon juice
- 2 cups sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 small can sweetened condensed milk
- 1 frozen (9-inch) pie crust, pre-baked

Spray sweet potatoes with cooking spray and roast in a preheated 350 degrees oven for about 35 minutes or until soft. Scoop out the pulp. Mix pulp with cinnamon, nutmeg, lemon, sugar and vanilla. In a separate bowl whip eggs and milk and fold into potatoes. Pour into the pre-baked shell and bake at 350 degrees for 15 minutes. Allow to cool before serving.

Although Daisy swears we dognapped her 8-week old so ugly-they're-cute bull dog puppies until she gave us the above recipe, we firmly deny this less than desirable accusation. The puppies, however, were mysteriously returned to her as soon as we received the recipe. We did hear a rumor that the dognapper(s) were very happy Daisy shared her recipe because the puppies ate a LOT of dog food.

ROSIE'S RED VELVET CAKE

This recipe doesn't refer to the rabbit in the story. For years we (Southerners) kept this recipe a secret. Unfortunately, in a brief moment of bragging rights during a visit up north, Rosie's grandmother got carried away and shared the ingredients with Yankee relatives. We'd like to point out that Rosie is in her 70's now so you know how long ago it was that the recipe left the South.

2-1/4 cups sifted cake flour
2 teaspoons cocoa powder
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1-1/2 cups sugar
1/2 cup (1 stick) unsalted butter, softened
2 large eggs
1 cup buttermilk
2 ounces red food coloring
1 teaspoon distilled white vinegar
1 teaspoon vanilla

THE FROSTING - (continued on the next page) →

Unfortunately, we could not find the original graphic designer's page for this recipe. So, we left the original scanned page in.

(continued)

ROSIE'S RED VELVET CAKE THE FROSTING

One 8-ounce package cream cheese, softened
1/2 cup (1 stick) unsalted butter
or margarine, softened
1 pound box confectioner's sugar
1 teaspoon vanilla extract
1 cup chopped pecans

Preheat the oven to 350 degrees. Grease and flour two 9-inch round cake pans. In a medium bowl sift the flour, cocoa, baking soda, baking powder, and salt together; set aside. In a large bowl cream the sugar with the butter. Beat in the eggs one at a time. Alternately add the flour mixture with the buttermilk. Beat in the food coloring and vinegar, then add the vanilla. Spread the batter evenly in the pans. Bake for 20 to 30 minutes or until a wooden toothpick inserted into the center comes out clean. Turn upside down onto a rack to cool.

To prepare the frosting, in a large bowl, cream the cream cheese and butter. Beat in the confectioner's sugar until fluffy. Beat in the vanilla. Stir in the pecans. Use to fill and frost the cake.

Rosie is proud of her grandmother's recipe; however, she isn't real proud of Grandma's indiscretion some 90 years ago.

GEORGIA'S PEACH COBBLER

Georgia has been trying for years to win a blue ribbon at the state fair with this recipe. She is convinced the contest is rigged.

4 cups peeled, sliced peaches
2 cups sugar, divided
1/2 cup water
8 tablespoons butter
1-1/2 cups self-rising flour
1-1/2 cups milk

Preheat oven to 350 degrees

Combine the peaches, 1 cup sugar, and water in a saucepan and mix well. Bring to a boil and simmer for 10 minutes. Remove from the heat. Put the butter in a deep baking dish and place it in the oven to melt.

Mix the remaining 1 cup sugar, flour, and milk slowly to prevent clumping. Pour the mixture over the melted butter. Do not stir. Spoon the fruit on top and gently pouring in the syrup. The batter will rise to the top during baking. Bake for 30 to 45 minutes.

To serve, scoop onto a plate and serve with your choice of whipped cream or vanilla ice cream.

There are almost as many recipes for peach cobbler as there are people in the South. Fortunately, they are all good. Unfortunately, during peach season, our weight reflects how good all of the cobblers are.

Resource Page

We no longer recommend various crab sources. Unfortunately, it seems like they go in and out of business like the ocean tides.