

***“Cat Head Biscuits  
And  
Garlic Fried Chicken”***

***Carolina Mountain Cooking  
With***



***Pearlie***



***And***



***Jewel***

***Enjoy The True Tastes Of Southern Mountain Cooking***



## Dedication

***“Cat Head Biscuits And Garlic Fried Chicken” was created from the recipes and memories of two of the Carolina Mountain’s most talented cooks and most gracious Southern Ladies.***

These two ladies spent their entire lives caring, loving, and providing for their families. Everything from keeping a good home for their children, tending gardens for food, to teaching their children, grandchildren, and great-grandchildren the true meaning of “family values”. The wives of loggers and farmers, money was often in short supply. They never had too many of the “finer” things of life but no one ever went to bed hungry, and no one ever felt unloved.

To Pearlie And Jewel:

***“Eventhough many of your wonderful recipes have been lost, the genuine love and caring that went into every meal and shown to each one of us will be fondly remembered and sorely missed for generations to come.”***



### ***Carolina Country Cooking***

Real Southern Recipes, And More From The Blue Ridge Mountains Of  
North Carolina

<http://www.carolina-country-cooking.com>

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**Carolina Mountain Cooking**  
With  
**Pearlie And Jewel**



**Index**

***A Little About Carolina Mountain Cooking***

***“The Truth About The Cherry Tree”***

***“All Work And No Play In The 1920's”***

**Meats And Main Dishes:**

Barbecued Chuck Roast

Mountain Fried Rabbit

**Western North Carolina Style Barbecue Roast Chicken**

**Garlic Fried Chicken**

Mom's Pan Fried Fish

Blue Ridge Mountain Pot Roast

Southern Style Pork Roast

Pork Loin And Gravy

Old Timey Chicken “ N’ Dumplings

Church Social Meatloaf

Aunt Beth's Meatloaf

Aunt Abby's Chicken Patties

Country Baked Chicken

Country Fried Steak

Company Pork Chops

Beef Barbecue Cups

Tomato Soup Meatloaf

Mother's Beef Stew

Cabbage Rolls

Layered Hamburger Pie

Crockpot Apple Glazed Pork Roast

Crockpot Au Gratin Potatoes and Ham

Creamy Chicken And Biscuits

Country Meatballs

Catfish With Bacon And Horseradish Sauce

Continued...

## Recipe Index – Continued

Creamy Skillet Chicken  
Barbecued Spareribs  
Chicken Fried Steak And Gravy  
My Favorite Beef Stew  
Pineapple Baked Ham  
Salisbury Steak  
Bacon Potato Pie  
Ham Loaf  
Cornbread Pie  
Baked Trout with Fresh Herbs  
Salmon Cakes  
**Beef and Cabbage Soup**

### ***“Childhood Fun On The Riverbank”***

#### **Fruits And Vegetables:**

Mama’s Young Peas And Potatoes In White Gravy  
Shuck Beans or Leather Britches (Dried Green Beans)  
“ Kilt” Lettuce Salad  
Fried Green Onions  
Squash Fritters  
Country Fried Squash  
Bean Salad  
Homemade Baked Beans  
Nine Day Slaw  
Potato and Sausage Soup  
Bean and Bacon Soup  
Pinto Bean Soup  
Quick Corn Chowder  
Sour Cream And Chive Potato Soup  
Fried Cabbage  
Vinegar Coleslaw  
Potato Dumplings  
Scalloped Corn  
Fried Apples  
Spiced Rhubarb  
Apple Pudding  
**Corn Pudding**  
**Green Tomato Pie**

Continued...

## **Fruits And Vegetables – Continued**

Nanny's Scalloped Broccoli  
Crockpot Baked Beans  
Broccoli Soufflé  
Squash Patties  
Cabbage With Mustard-Horseradish Sauce  
Baked Mashed Potatoes  
**Split Pea Soup With Dumplings**  
Golden Baked Potatoes  
Mustard Greens  
Okra Fritters  
Potato Pancakes  
Fried Grits  
**Fried Corn**  
**Hobo Beans**  
Southern Style Collard Greens  
Corn Fritters  
Fried Green Pepper Rings  
Black Eyed Pea Soup  
Tomato Cakes  
Wilted Dandelion Greens  
Ramps  
Ramps and Eggs  
Potatoes and Ramps

### **"Just Where Do Eggs Come From?"**

#### **Breads:**

Sweet Potato Cakes  
Johnny Cakes  
Gritted Bread  
Whipping Cream Biscuits  
Spoonbread  
Old-Time Dressing or Stuffing  
**Cat Head Biscuits (as big as a cat's head)**  
Hushpuppies  
Mountain Corn Bread  
Rhubarb Pecan Bread  
Southern Style Hush Puppies

Continued...

## **Breads – Continued**

Pearlie's Potato Biscuits  
Apple Roll  
Orange Nut Bread  
Zucchini Bread  
Always Perfect Pan Rolls  
Refrigerator Bran Muffins  
Pumpkin Muffins  
Banana Bread  
Oatmeal Blueberry Muffins  
Rhubarb Muffins  
Molasses Oatmeal Bread  
Sweet Potato And Apple Muffins

### ***“Wooden Wheel Wagons And A Barn With No Nails”***

#### **“Jams” And Gravies:**

Sausage Gravy  
Chocolate Gravy  
Old Fashioned Chicken Gravy  
Old Fashioned Tomato Gravy  
Mama's Strawberry Jam

### ***“No Water Was Too Cold To Have Fun”***

#### **Desserts:**

Sour Cream Apple Pie  
Buttermilk Pie  
Chess Pie  
Vinegar Pie  
Berry Dumplings  
Sweet Potato Pie  
Bottom's Up Peach Cobbler  
Peach Dumplings  
Black Walnut Cookies  
Mom's Cherry Pie  
Mom's Sugar Cookies  
Black Mountain Buttermilk Pound Cake  
Chocolate Fudge Cupcakes

Continued...

## **Desserts – Continued**

North Carolina Date Cake  
Apple Topping For Ice Cream  
Nanny's Homemade Chocolate Cake  
Micaville Pineapple Cake  
Strawberries In The Snow  
Creamy Pumpkin Pie  
Easy Strawberry Cake  
Homemade Banana Pudding  
Homemade Vanilla Wafers  
Peaches And Cream  
Strawberry Pudding  
Hummingbird Cake  
**Grandma's Spice Cake**  
Banana Nut Oatmeal Cookies  
Fresh Apple Cobbler  
Coconut Cream Pie  
Peanut Butter And Chocolate Oatmeal Cookies  
Orange Drop Cookies  
Coconut Black Walnut Cake  
Pumpkin Raisin Cake  
Pumpkin Roll  
Blueberry Cheesecake Pie  
Date Balls  
**Fudge & Caramel Lover's Cake**  
Caramel Apple Oat Bars  
French Vanilla Cake  
Blueberry Pound Cake  
Applesauce Cake  
Chocolate Cornmeal Cookies  
Cranberry Cheese Cake Bars  
Molasses Pie  
Applesauce Fruit Cake  
Baked Rice Pudding  
Caramel Custard Pie  
Mashed Potato Fudge  
Huckleberry Coffeecake  
Blackberry Pie  
Peach Upside Down Cake

Continued...

## **Desserts – Continued**

Chocolate Chip Oatmeal Cookies  
Brown Sugar Pie  
Upside Down Apple Pecan Pie  
Kentucky Derby Pie  
Chocolate Bread Pudding  
Apple-Raspberry Crisp  
Blueberry Buckle  
Apple Turnovers

### **Fried Apple Pies**

### **“Life Before Toy Stores”**

#### **Casseroles:**

Dump Dish Dinner  
Burnsville Beef And Macaroni Skillet  
Rice And Sausage Casserole  
Crescent Roll Casserole  
**Onion Casserole**  
Ground Beef And Corn Casserole  
Chicken And Dressing Casserole  
Three Bean Casserole  
Mixed Vegetable Casserole

### **“The Short End Of The Stick”**

My Favorite Recipes

### **“To Ski Or Not To Ski”**

### **Get The Full Version Of This Cookbook And More**

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### **Mail-In Order Form**

## ***A Little About Carolina Mountain Cooking***

***The mountain tradition of cooking is that food should be unpretentious, solid, and filling.***

Traditionally pork or chicken was the main source of meat, but beef, fish, and a wide variety of wild game were also enjoyed. Some form of homemade bread was served at nearly every meal. The two main types of breads were corn breads and biscuits. There are almost more ways to eat a "Cat Head" biscuit than you can imagine. Most everyone grew their own gardens and during the summer, large gardens would produce an abundance of fresh vegetables. Favorites vegetables tended to be green beans, cabbage, turnips, beets, garden greens, tomatoes, onions, carrots and potatoes. Not only did these large gardens produce fresh vegetables for the summer but also for canning and preserving for the coming winter months. Winter in the North Carolina mountains were extremely harsh at times and a stockpile of preserved meats and vegetables were a necessity for survival.

Often winter storms would keep people "snowed in" for days, weeks, or at times, even months with no way to get supplies from the few stores that did exist. Mountain people were, and still are, mostly self-sufficient. They quickly became highly respected and sought out for their survival skills.

Herbs and spices were not readily available. The main seasonings were salt and black pepper with cinnamon, nutmeg, and a few others mostly reserved for baking. Small quantities of meats such as "fat back" and bacon were often used to season vegetables.

Continued...

A wide variety of apples and cherries were grown as well as an abundance of wild berries such as strawberries, blueberries, blackberries, and grapes, all of which found their way into some of the best desserts you could ever imagine. Fresh fruit cobblers, pies, and cakes are some of the most incredible examples of mountain cooking you can find.

Salads as we know them today were not eaten. Instead, lunch and supper would contain dishes of fresh sliced tomatoes, onions, and cucumbers in addition to the regular cooked vegetables and various homemade pickles and relishes.

Traditional mountain cooking is made up of simple, easy to prepare, yet wonderfully delicious dishes. You never left the table hungry or unsatisfied.

The true art or magic of mountain cooking is that:

**Somewhere between seemingly empty kitchen cabinets and the dinner table, the cook was able to take a few simple ingredients and create something truly wonderful.**

## ***“The Truth About The Cherry Tree”***

**When we were children there was a cherry tree near our house. When they got ripe my younger brother would climb the tree and throw them down to us. The rest of us were afraid to climb.**

**One day after climbing the tree, he refused to share the sweet, ripe, cherries with the us, so we went into daddy’s woodshed, got a saw, and cut the tree down. We finally had our fill of cherries.**

**When our father saw his cherry tree on the ground, he became very angry. Needless to say none of us could sit down for awhile.**

**That was the last time we ever even thought of cutting down another cherry tree.**

## **Western North Carolina Style Barbecue Roast Chicken**

- 1 frying chicken cut in pieces
- 2 teaspoons of sugar
- 1/4 cup of butter
- 1/8 teaspoon of red pepper flakes
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 3/4 tablespoon of dry mustard
- 1 teaspoon of chili powder
- 2 tablespoons of vinegar
- 1/2 teaspoon of Tabasco sauce
- 1 teaspoon of Worcestershire sauce
- 1 cup of water
- 1 tablespoon of chopped onion
- 1 clove of garlic, minced

Salt the chicken, brown in butter and put in a roasting pan. Mix the rest of the ingredients together in a pot and cook over medium heat for 4 to 5 minutes. Pour over the chicken and bake, basting often in a 325 degree oven for 1 1/2 hours.

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## **Garlic Fried Chicken**

- 2, 2 1/2 pound frying chickens cut in pieces
- 2 tablespoon of lemon juice
- 1 cup of sour cream
- 1 clove of garlic, grated
- 1/4 teaspoon of Worcestershire sauce
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper
- 1/4 teaspoon of celery salt

Wipe the chicken pieces with a damp cloth and store in container with tight fitting lid. Mix all ingredients together, pour over chicken, and let marinate in the refrigerator overnight. When ready to fry, drain the liquid from the chicken pieces and dredge them in flour, heat some vegetable oil in a large skillet over medium heat and brown the chicken pieces on all sides. Lower the heat and cover skillet and cook for 35-40 minutes.

## Beef and Cabbage Soup

1 pound of lean ground beef  
1/2 teaspoon of garlic salt  
1/4 teaspoon of garlic powder  
1/4 teaspoon black pepper  
2 stalks celery, chopped  
1 - 16 ounce can of kidney beans, drained  
1/2 of a head of cabbage, chopped  
28 ounces tomatoes, chopped and liquid reserved  
1 can water in empty tomato can  
4 beef bouillon cubes  
Chopped parsley

In a Dutch oven, brown the ground beef. Add all of the remaining ingredients except the parsley, and bring to boil. Reduce the heat and simmer, covered for 1 hour. Garnish with parsley.

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### ***Did You Know?***

Adding a little salt to the water will help your cut flowers to last longer.

## **Corn Pudding**

2 cans of whole kernel corn, drained  
Enough whole milk to cover the corn  
2 eggs  
1 tablespoon of sugar  
2 to 3 tablespoons of flour  
Butter

Drain the corn, and place in a medium sized, greased baking dish. Pour in enough milk to cover the corn. Stir in the 2 eggs, and the sugar. Sprinkle in the flour to thicken and stir. Cut a few small pieces of butter and place on top of the corn mixture. Place the baking dish in a 325 degree oven. After baking for about 5 minutes, when margarine melts, stir the corn mixture again and continue to bake for 45 minutes to 1 hour, or until lightly browned.

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## **Green Tomato Pie**

3 cups of thinly sliced green tomatoes  
1 unbaked pie shell

Mix together:

1 1/2 cups of sugar  
1/4 teaspoon of salt  
5 teaspoons of grated lemon rind  
1/4 teaspoon of cinnamon  
5 tablespoons of lemon juice  
2 tablespoons of butter

Layer the sliced green tomatoes into the unbaked pie shell, sprinkling each layer with the mixture of the other ingredients. Place the top crust on the pie and bake for 35 to 40 minutes at 350 degrees.

## Split Pea Soup With Dumplings

2 1/4 cups green split peas (about 1 pound)  
2 ham hocks  
8 cups of cold water  
1 medium onion, sliced  
1 cup of diced celery  
1 cup of diced carrots  
1 teaspoon of salt  
1/4 teaspoon of black pepper

For the dumplings:

2 cups of sifted all-purpose flour  
3 teaspoons of baking powder  
1 teaspoon of salt  
3 tablespoons of shortening  
1 cup of milk  
1 egg, beaten

Combine the green split peas, ham hocks, cold water, onion, celery, carrots, 1 teaspoon of salt, and the black pepper in a Dutch oven. Bring to boiling, cover and simmer for 1 1/2 hours stirring occasionally. Remove the ham hocks and cut off the meat and dice, discarding the bones. Add the meat back to the soup and simmer, uncovered for 15 to 20 minutes more.

Sift together the all-purpose flour, baking powder, and 1 teaspoon of salt. Cut in the shortening. Combine the milk and the beaten egg and add to the flour mixture, stirring just until all ingredients are moistened. Drop the batter from a rounded tablespoon on top of the bubbling soup. (Dip the spoon into the hot soup before spooning each dumpling to prevent them from sticking to the spoon.) Cover tightly and return to boiling. Reduce the heat and simmer for 15 to 18 minutes.



### ***Did You Know?***

You can brown pale gravy by adding a bit of instant coffee straight from the jar. It won't taste bitter either.

## **Fried Corn**

6-8 large ears of sweet corn, cleaned, rinsed, and kernels removed from cob  
1 green peppers, diced  
1/2 cup all-purpose flour  
1 tablespoon granulated sugar  
Salt & pepper to taste  
1/2 cup vegetable shortening

Combine corn kernels, green pepper, flour, sugar, salt and pepper. Toss to evenly coat vegetables. Heat the shortening until hot. Carefully add the corn mixture and fry until the corn is tender and starts to brown. Stir frequently to prevent sticking.

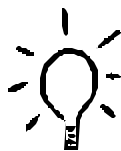
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## **Hobo Beans**

1 to 2 pounds of ground beef  
2 – 16 ounce cans of pork & beans  
1 can of kidney beans, drained  
1 can of butter beans, drained  
1 can of tomato soup or tomato puree  
1 cup of brown sugar  
1 package of Lipton Onion Soup Mix  
1 teaspoon of yellow mustard

Brown meat in 1/2 cup of water. Mix all of the ingredients together in a large casserole dish and bake uncovered at 350 degrees until desired consistency.

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### ***Did You Know?***

A slice of soft bread placed in a package of hardened brown sugar will soften it in a couple of hours.

## ***Just Where Do Eggs Come From?***

**“My brother and I became curious as to how eggs came out of a hen. We were about 4 and 5 at the time, so we went to the barn where the hens had their nests and lay quietly behind one of the hens and watched her lay and egg.”**

**“We weren’t so curious anymore.”**

## **Cat Head Biscuits (as big as a cat's head)**

2 cups of flour  
1/4 teaspoon of baking soda  
2 teaspoons of baking powder  
1 teaspoon of salt  
5 tablespoons of lard or shortening  
About 1 cup of buttermilk

Sift the dry ingredients together and cut in the lard or shortening. Add enough buttermilk to make a soft dough. Pinch off about a lemon sized ball of dough for each biscuit and pat out with your hands. Bake for 12 – 15 minutes at 450 degrees or until the tops are golden brown. Remove the biscuits from the oven and rub butter on the tops of the hot biscuits to coat.

### **Some Of The Different Ways We Eat “Cat Head” Biscuits:**

In the South, the infamous “Cat Head” biscuit was and still is used in a great number of ways. In fact this versatile bread can easily be eaten in different ways with every meal. Here are just a few ways I remember eating them:

Aside from the usual biscuit filled with various homemade jams and jellies, we would sometimes eat them hot from the oven, filled with a generous amount of brown sugar and butter. The butter melts over the brown sugar and creates a breakfast food that no store-bought brown sugar and cinnamon toaster pastry can even touch.

Split open or torn into small pieces and smothered with one of the delicious southern gravies such as Chocolate Gravy, Sausage Gravy, or one of the homemade “Fruit Jams” .

Not much in the world of food is as good as a sandwich made out of a big homemade biscuit with a large slice of a ripe, red tomato and a little salt or with a slice of pork tenderloin or ham.

Continued...

“Cat Head” biscuits make great desserts when covered with your favorite berries, ice cream, and whipped cream. This is a very easy way to make a wonderful strawberry shortcake.

Another way I remember eating them was to cream butter and honey or butter and molasses together and spread over the hot biscuits.

Try some for yourself and you will find that the biscuit is one of the most versatile and delicious foods ever to come out of your oven.

## **Old Fashioned Chicken Gravy**

2 tablespoons of butter  
1 tablespoon of flour  
3/4 cup of chicken stock  
1/4 cup of light cream  
Salt  
Black Pepper

Pour the grease from the pan after frying the chicken and replace it with the butter. When the butter has melted, stir in the flour. When the butter and flour mixture is bubbly, stir in the stock and the cream. Cook until the gravy thickens. Season with salt and pepper as desired. Serve with the fried chicken or over biscuits or mashed potatoes.

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## **Old-Fashioned Tomato Gravy**

1/2 pound of diced bacon  
1 small onion, chopped  
2 tablespoons of flour  
1/8 teaspoon of salt  
A pinch of black pepper  
1 - 14 1/2 ounce can of diced tomatoes, undrained  
3 cups of tomato Juice

In a skillet, fry the bacon until crisp and place on paper towels to drain. Discard all but 2 tablespoons of the bacon drippings and cook the chopped onion in drippings until tender. Stir in the flour, salt and black pepper and cook, over low heat, stirring constantly until the mixture is golden brown. Gradually add the tomatoes and tomato juice and stir well. Bring the mixture to a boil over medium heat and cook, stirring constantly for about 2 minutes. Reduce the heat and simmer, uncovered, for 15 to 20 minutes or until the gravy becomes thickened, stirring occasionally. Stir in bacon and serve over cat head biscuits.

## Grandma's Spice Cake

2 cups of all-purpose flour  
1/2 teaspoon of baking soda  
1 1/2 teaspoons of baking powder  
1 teaspoon of ground cinnamon  
1/4 teaspoon of ground cloves  
1/4 teaspoon of ground ginger  
1/4 teaspoon of ground nutmeg  
1 1/2 cups of sugar  
1/4 cup of salted butter  
1/4 cup of vegetable oil  
1/2 teaspoon of vanilla  
2 eggs  
1 1/2 cups of buttermilk

Mix together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves ginger, and set aside. In A large mixing bowl beat the butter and oil with an electric mixer on medium speed for 30 seconds. Add the sugar and vanilla and beat until well mixed. Add the eggs, one at a time, beating after adding each egg. Add the dry flour mixture and buttermilk alternately into the egg and butter mixture, beating on low speed after each addition, just until combined. Pour into two greased and lightly floured 8 X 1-1/2 inch cake pans. Bake in a 350 degree oven for 35 to 40 minutes, or until toothpick comes out clean. Cool on wire rack.

### Creamy Nut Frosting:

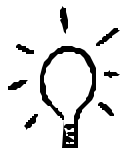
Blend 2 1/2 tablespoons of flour and 1/2 cup of milk. Cook the flour mixture until it forms a thick paste and cool until it is lukewarm. Meanwhile cream 1/4 cup of butter, 1/4 cup of shortening and 1/2 cup of sugar together and add to lukewarm flour paste. Beat until fluffy. Add 1 teaspoon of vanilla and 1/2 cup of chopped pecans. Blend in 1 cup of powdered sugar (more if needed). Beat until fluffy. Frost the cooled cake and sprinkle chopped pecans on top.

## Fudge & Caramel Lover's Cake

- 1 – 14 ounce package of caramels
- 1 – 14 ounce can of sweetened condensed milk (not evaporated)
- 1 1/4 cups of vegetable shortening, divided
- 2 cups of all-purpose flour
- 1/2 cup of unsweetened cocoa
- 1 teaspoon of baking soda
- 1/4 teaspoon of salt
- 2 cups of sugar
- 2 eggs
- 1 cup of water
- 1/2 cup of buttermilk
- 1 1/2 teaspoons of vanilla
- 1 1/2 cup of coarsely chopped pecans

Preheat the oven to 350 degrees. In a heavy saucepan, combine the caramels, the sweetened condensed milk, and 1/2 cup of the shortening. Over medium heat, cook and stir until the caramels are melted and smooth. In a medium bowl, combine the flour, cocoa, baking soda, and the salt. In a large bowl, beat the sugar and the remaining 3/4 cup of shortening until fluffy and then beat in the eggs.

In a small bowl, combine the buttermilk, and the vanilla and add to the sugar/shortening mixture, alternating with the flour mixture and beat well. Spread half of the batter into a greased 9 X 13 inch baking pan. Bake for 15 minutes, or until the center is set. Remove the pan from the oven and spread the caramel mixture evenly over the cake. Next, spread the remaining batter over the caramel and sprinkle with the chopped pecans. Return the baking pan to the oven and bake for an additional 40 minutes, or until the cake springs back when lightly touched. Loosen the cake from the sides of the pan while still warm. Allow the cake to cool before serving.



### ***Did You Know?***

You should never add salt to the water that you cook corn in. It will only make the corn tougher.

## Fried Apple Pies

2 tablespoons of butter  
2 pounds of apples, cored and diced  
1/2 teaspoon of cinnamon  
A pinch nutmeg  
1/4 cup of sugar  
1/4 cup of brown sugar  
1 1/2 cup of water  
The juice of 1/2 of a lemon  
1 teaspoon of vanilla  
1 tablespoon of cornstarch

For the crust:

3 cups of flour  
2 teaspoons of sugar  
1 1/2 teaspoons of salt  
1/4 teaspoon of baking powder  
6 tablespoons of shortening  
1 egg  
3/4 cup of milk  
Powdered sugar

Preheat oil in a skillet for frying. In a saucepan, melt the butter and add the apples and cook for 2 minutes. Stir in the cinnamon, nutmeg, 1/4 cup of sugar, and 1/4 cup of brown sugar. Continue cooking for 1 minute, stirring constantly to dissolve the sugar. Add the water and lemon juice. Bring the liquid to a boil and add the cornstarch dissolved in 1 tablespoon of water. Whisk the vanilla and the cornstarch mixture into the liquid. Reduce the heat to a simmer and cook for 15 - 20 minutes, or until the apples are soft. Remove from heat and allow to cool completely.

Mix together the shortening, egg, and 3/4 cup of milk. In a mixing bowl, sift the flour, sugar, salt and baking powder together. Gradually add the egg mixture to the flour mixture, working it to make a thick dough. Divide the dough into 12 equal portions. On a lightly floured surface, roll the dough pieces into thin rounds, about 5 inches in diameter. Put 1/4 cup of the apple mixture in the center of each round, fold the dough over and crimp the edges with a fork. Fry the pies, two to three at a time, in the hot oil, until golden brown. Remove from the oil and drain on paper towels. Powder the pies with the powdered sugar.

## ***Life Before Toy Stores***

**“Growing up, we had to make our toys and find ways to entertain ourselves. One of our favorite things to do was go into the woods in search of grapevines hanging from tree’s to swing on or fallen tree’s to walk on .**

**I recently took my little grandson into the woods and taught him how to swing on grapevines and walk on logs. He loved it and thought it was much more fun than playing with store bought toy’s or video games.”**

## Onion Casserole

2 large Bermuda onions, sliced and separated into rings  
2 tablespoons of butter  
1/2 pound of Swiss cheese, grated  
1/4 teaspoon of black pepper  
1/2 cup of milk  
1 can of cream of chicken soup  
1 teaspoon of soy sauce  
8 slices of French bread, buttered

Simmer onions in butter until tender. Place in a casserole dish. Top this with the grated Swiss cheese and black pepper. Heat the soup and milk until well blended then add the soy sauce and stir well. Pour this mixture over the onions and cheese in the casserole dish. Stir lightly using a knife. Over lap the bread slices on the top of the casserole. Bake at 350 degrees for a total of 30 minutes. After the casserole has baked for about 15 minutes, push the bread down into the cheese and onions and continue baking for the remaining 15 minutes. You can use any type of onions that you like and also lots more than are called for.

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### ***Did You Know?***

You can prevent grease build-up in your oven by frequently wiping it with vinegar.

## ***The Short End Of The Stick***

**“There were June apple trees near our home, that would ripen in June so we would climb the trees to get the best apple and dare anyone else to touch the prize. One day a friend spotted the biggest and most ripe apple and started to climb the tree, but she couldn’t reach it. So she asked my aunt who was standing on the ground to hand her a stick. My aunt decided to play a little trick on her and found a stick and a pile of cow manure. She rolled the end of the stick in the manure and took it to my friend in the tree. Without looking, she reached and took hold of the stick, and got more than she bargained for.”**

**“Needless to say that was one prize apple she forgot about.”**

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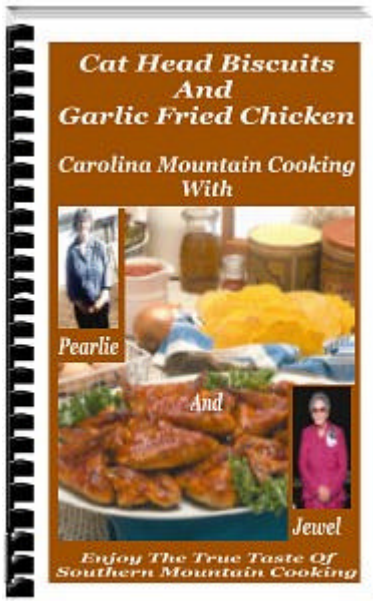
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## Cat Head Biscuits And Garlic Fried Chicken

The Taste Of Traditional Southern Mountain  
Cooking

**How long has it been since you had real food?**

180 hand picked, family tried and tested, real southern recipes. Everything from traditional meat and vegetable dishes to homemade desserts so good, they will almost make a grown man cry.

Not an expert cook? **No problem!** These are recipes for real food. All of the recipes in this cookbook are simple to prepare using everyday ingredients that are readily available.

Recipes like "**Country Baked Chicken**", "**Fried Green Onions**", "**Potato Dumplings**", and "**Rhubarb Pecan Bread**". How about homemade desserts such as "**Nanny's Homemade Chocolate Cake**" or a "**Coconut Black Walnut Cake**". There are also recipes for **Fresh Fruit Pies, Cobblers, and Berry Dumplings**.

Imagine waking up to fresh, hot "**Cat Head**" biscuits smothered in real **Southern Chocolate Gravy**. This alone is a child's and chocolate lover's dream come true.

**Do you know how many ways there are to eat a "Cat Head Biscuit"?**

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"Cat Head Biscuits And Garlic Fried Chicken" is now part of our "Carolina Country Cooking Online" Cookbook Club. When you become a lifetime member of our cookbook club you not only get "Cat Head Biscuits" but also all of our cookbooks and recipe collections. But not only that, you also are guaranteed a minimum of one new cookbook every month.

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