

TURTLE SOUP

"You're things is different here y' see, but turtle soup, it's the same in a way, but come to soup, it's the same way."

- 1 lb. of turtle meat
- 1 tablespoon of flour
- 1 tablespoon of lard
- 1 small onion of lard
- 1 quart of water

Chopped onions, cloves, garlic, bay leaf, thyme, parsley, salt, pepper.

Get the bone in fire, wash turtle and seasonings with it, and put them into a hot oven.

Put the turtle meat, three minutes, into a pot, and pour the stock. Chop up the meat.

Put the turtle in the hot, add the turtle meat and let it brown well. Then add the bone and seasonings, stirring occasionally. Then come the flour, always with stirring.

Add the stock to this point, and more water, 1½ to 2 quarts, with salt and onion peppers, and also the bones, chopped very fine. Put in a double boiler for an hour or so, stirring at frequent intervals.

Put the turtle eggs, chop them fine, and add to the soup when it is ready to serve.

One may still further and pleasantly complete this delight by adding 1 teaspoon, and more sherry, seasoning, or two more, a glass of Madeira, or cooking wine, or grape juice. The soup is then for dinner, and cooked, and chopped, then added to the turtle soup as it is served. The Madeira, or its substitute, is the best touch, added just when the soup is ready to be served.

The turtle soup need not discourage you. The more dependable has come to your rescue.

For Much Turtle Eggs, around the end of this chapter.

CONGOMME SUPREME

- 1 lb. of beef
- 1 chicken
- Water
- 1 tablespoon of butter

Chopped bone, onion, carrot, bay leaf, thyme, parsley, celery, salt, pepper, tobacco.

Use the chicken and beef, season them in cold water and brown them in hot oil, very slowly for 1 to 2 hours.

Chop up the bone, onion, and carrot, cook them in the butter, and add them

to the stock. Chop the celery and leaf, and add them, with seasoning, leaving all in the seasonings of a medium heat, for an hour. Then strain, cool, and strain of the grease.

Now add the following: whites of 1 egg, lightly beaten; three shells, chopped celery and seasoning; juice of ½ a lemon; 1 tablespoon of cold water. Boil for five minutes. Strain, and season. It may now cool, and you can have it again when your guests, or your invited friend, come.

COXTAIL SOUP

Onion

1 lb. of bone

1 tablespoon of butter (or lard)

1 quart of stock (or water)

1 tablespoon of flour

Onion, celery, parsley, onion, turnip, carrot, salt, pepper, sherry, bay leaf, bay leaves, or green herbs.

1 teaspoon of lemon juice

Yolk of hard-boiled egg

The bone and the onion meat are separately, but then get together. Get the onion in short lengths, dredge with flour, and fry in butter till it is an even brown.

The bit of bone, chopped with onion, carrot, celery, parsley, and sherry, take their place in similar seasonings, to be again with butter till pleasantly brown. Then add the flour and brown over heat.

Then add the stock (or boiling water) and let it boil 10 minutes. Add salt, pepper, carrot etc. Pour the stock over the onion.

The sherry, bay leaf, onion juice, and egg, are not used, but are highly recommended. Once added, you may prepare this soup as turtle soup without loss of successful resemblance.

MILKLESS POTATO SOUP

- 4 Irish potatoes
- 1 large tablespoon of butter
- 1 small tablespoon of flour
- 2 yolks of egg
- Celery, parsley, onion juice, thyme
- 1 cup of water

Put the potatoes, and green them through a colander, then wash them thoroughly. Add 1 cup of water.

Brown the flour in the butter and add the potatoes and water with the chopped celery, parsley, thyme, salt, white pepper. Boil in two egg yolks just before serving. You will never miss the one.

CREAM OF ONION SOUP

- 4 onions
- 1 tablespoon of butter
- 1 cup of flour
- 1 quart of water
- 1 large potato
- 1 quart of milk
- Parsley, salt, celery salt, white pepper

Put the onions and brown them in butter.

Add the flour, stirring rapidly, until brown.

Put in the water, adding it slowly to avoid the formation of glass-like lumps. Boil and cook the potatoes, and mix them into a quart of boiling milk, and heat again, before of lumps. Add the third onion, season thoroughly, and boil for 1 minute. And you have a rich, hearty soup. It is a happy thought to pour it over this soup of soup.

ONION SOUP PAYSIAN

"Anything got in 'M's' off? the Irish nation says, come tonight, come to be it for a drink."

- 4 large onions (or 4 potatoes)
- Onion oil
- Ground Parmesan cheese
- Shred impasted Swiss cheese
- 1 cup of water
- Salt, pepper, carrot, chopped parsley
- Tomato

Put the onions and slice them. (If you have time, if you prefer, the onions under water.) Put the sliced onion in a soup-cup with just enough oil to keep them from burning. Let them cook until brown, and then cook some more, till they are nearly black, and another onion would then do. Let it cook, in a small glass, 10 minutes. Then the onion, boiling in a pan. For the third onion to be in the hot, 10 minutes. 1 minute before serving, add the sliced Swiss cheese, about 1½ thin slices.

Then place ready with squares of this soup, topped with ground Parmesan cheese. Pour the soup over the cheese and meat, and serve at once. You will think you are in the Restaurant des Fines Tranchées in Paris, and the use of the sherry won't matter.

SPINACH SOUP

- 1 quart boiled spinach
- 1 large tablespoon of butter
- 1 quart of stock (or water, lard)
- 1 teaspoon of sugar
- Mustard, salt, pepper, onion salt

Put the spinach, chop, and heat in oil. Scrape it with onion, add salt and pepper, and onion salt, and cook in a tablespoon of butter for about ten minutes. Add the stock, or water, lard, and let it be in hot, a moment longer. Take it off, strain it, and use it back on the fire till it comes to a boil again. Then add a tablespoon of butter and the sugar. It is good for your teeth and your health.

GROUND ARTICHOKE SOUP

- 1 lb. of ground (Chenopodium) artichoke
- 1 small tablespoon of butter
- 1 quart of water
- 1 egg
- 1½ cups of cream
- Salt, white pepper, onion juice, chopped celery

Put and boil the artichoke, and pour them through a colander. Add the milk, butter and seasonings, and let them cook carefully, until the mixture thickens. Then the egg and cream together and pour the soup over them. A dish of whipped cream on each plate is a pleasant touch. Oh, delicious!

RICH OYSTER SOUP

- 1 doz. oysters
- Small milk of celery
- 1 tablespoon of butter
- 1 tablespoon of flour
- 1 quart of milk
- Salt, white pepper, chopped parsley

Chop up the celery, cover it with water (about 1 quart) and boil it gently for half an hour or so. Wash the oysters and use them for five minutes. Take them out, chop them up, and back with them again, into the liquor in which they were boiled. Things are coming on. Drain the boiled celery and onion, together with a quart of milk. Mix the flour and butter together and put it with the rest to cook ten minutes or more. Put in the chopped parsley and seasoning, and you have a wonderful soup.

Epigrams require that it be omitted before serving, but the old country style of having it all ingredients has its good points.

Mandys Favorite Louisiana Recipes

Marcie Cohen Ferris



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Mandy's Favorite Louisiana Recipes Natalie Vivian Scott,1978

MANDY'S FAVORITE LOUISIANA RECIPES

Natalie Scott,1978-01-31 Three hundred authentic recipes from New Orleans Creole home cooks fill the pages of this culinary classic First published in 1929 and compiled by New Orleanian Natalie V Scott from the recipes of cooks she had employed through the years this cookbook contains such gastronomic delights as Cream of Crab Soup Fried Tomatoes Grillades Piquantes Pecan Pralines and a variety of Creole sauces These are the same mouth watering favorites loved today by locals and tourists alike

Louisiana History Florence M. Jumonville,2002-08-30 From the accounts of 18th century travelers to the interpretations of 21st century historians Jumonville lists more than 6 800 books chapters articles theses dissertations and government documents that describe the rich history of America s 18th state Here are references to sources on the Louisiana Purchase the Battle of New Orleans Carnival and Cajuns Less explored topics such as the rebellion of 1768 the changing roles of women and civic development are also covered It is a sweeping guide to the publications that best illuminate the land the people and the multifaceted history of the Pelican State Arranged according to discipline and time period chapters cover such topics as the environment the Civil War and Reconstruction social and cultural history the people of Louisiana local parish and sectional histories and New Orleans It also lists major historical sites and repositories of primary materials As the only comprehensive bibliography of the secondary sources about the state ILouisiana History R is an invaluable resource for scholars and researchers

Recipes for Respect Rafia Zafar,2019-03-15 Food studies once trendy has settled into the public arena In the academy scholarship on food and literary culture constitutes a growing river within literary and cultural studies but writing on African American food and dining remains a tributary Recipes for Respect bridges this gap illuminating the role of foodways in African American culture as well as the contributions of Black cooks and chefs to what has been considered the mainstream Beginning in the early nineteenth century and continuing nearly to the present day African Americans have often been stereotyped as illiterate kitchen geniuses Rafia Zafar addresses this error highlighting the long history of accomplished African Americans within our culinary traditions as well as the literary and entrepreneurial strategies for civil rights and respectability woven into the written records of dining cooking and serving Whether revealed in cookbooks or fiction memoirs or hotel keeping manuals agricultural extension bulletins or library collections foodways knowledge sustained Black strategies for self reliance and dignity the preservation of historical memory and civil rights and social mobility If to follow Mary Douglas s dictum food is a field of action that is a venue for social intimacy exchange or aggression African American writing about foodways constitutes an underappreciated critique of the racialized social and intellectual spaces of the United States

Insatiable City Theresa McCulla,2024-05-10 Theresa McCulla probes the overt and covert ways that the production of food and food discourse both creates and reinforces many strains of inequality in New Orleans a city often defined by its foodways She uses menus cookbooks newspapers dolls and

other material culture to limn the interplay among the production and reception of food the inscription and reiteration of racial hierarchies and the constant diminishment and exploitation of working class people McCulla goes far beyond the initial task of tracing New Orleans culinary history to focus on how food suffuses culture and our understandings and constructions of race and power **Mirations and Miracles of Mandy** Natalie Scott,1929 **Dethroning the Deceitful Pork Chop**

Jennifer Jensen Wallach,2015-08-01 Uses a variety of methodological perspectives to demonstrate that throughout time black people have used both overt and subtle food practices to resist white oppression *Serious Pig* John Thorne,Matt Lewis

Thorne,2000-11-16 In this collection of essays John Thorne sets out to explore the origins of his identity as a cook going here the Maine coast where he d summered as a child and returned as an adult for a decade s sojourn there southern Louisiana where he was captivated by Creole and Cajun cooking and everywhere where he provides a sympathetic reading of such national culinary icons as the hamburger white bread and American cheese and sits down to a big bowl of Texas red These intelligent searching essays are a passionate meditation on food character and place *Janowski Gardens Cookbook* Diane

Janowski,2008-09-24 Janowski Gardens is proud to present this cookbook filled with healthy farm fresh recipes from our farm in Elmira New York Every recipe includes at least one ingredient that is grown in our garden Our vegetables fruits and herbs can help you eat sensibly and stay healthy and they taste GREAT too Enjoy our innovative yet simple and easy to prepare recipes The Janowski Family has been living and working in Chemung County New York since coming to America from East Germany Prussia in 1873 This cookbook honors their emigration assimilation into the United States hardiness and their produce The family operated business celebrates their 135th growing season with this historic cookbook **New Orleans**

Elizabeth M. Williams,2012-12-19 Beignets Po Boys gumbo jambalaya Antoine s New Orleans celebrated status derives in large measure from its incredibly rich food culture based mainly on Creole and Cajun traditions At last this world class destination has its own food biography Elizabeth M Williams a New Orleans native and founder of the Southern Food and Beverage Museum there takes readers through the history of the city showing how the natural environment and people have shaped the cooking we all love The narrative starts by describing the indigenous population and material resources then reveals the contributions of the immigrant populations delves into markets and local food companies and finally discusses famous restaurants drinking culture cooking at home and cookbooks and signature foods dishes This must have book will inform and delight food aficionados and fans of the Big Easy itself **Cooking in Other Women's Kitchens, Enhanced**

Ebook Rebecca Sharpless,2013-02-01 As African American women left the plantation economy behind many entered domestic service in southern cities and towns Cooking was one of the primary jobs they performed feeding generations of white families and in the process profoundly shaping southern foodways and culture In *Cooking in Other Women s Kitchens* Domestic Workers in the South 1865 1960 Rebecca Sharpless argues that in the face of discrimination long workdays and low wages African American cooks worked to assert measures of control over their own lives As employment opportunities

expanded in the twentieth century most African American women chose to leave cooking for more lucrative and less oppressive manufacturing clerical or professional positions Through letters autobiography and oral history Sharpless evokes African American women s voices from slavery to the open economy examining their lives at work and at home The enhanced electronic version of the book includes twenty letters photographs first person narratives and other documents each embedded in the text where it will be most meaningful Featuring nearly 100 pages of new material the enhanced e book offers readers an intimate view into the lives of domestic workers while also illuminating the journey a historian takes in uncovering these stories

BLK MKT Vintage Jannah Handy,Kiyanna Stewart,2024-10-15 This one of a kind treasure trove of Black cultural ephemera from the entrepreneurs behind the vintage shop BLK MKT Vintage expands on their mission to curate vintage objects that tell Black stories and celebrate the contributions Black people have made to our American consciousness Jannah Handy and Kiyanna Stewart have spent years scouring piles stacks bookshelves and dilapidated boxes in search of themselves and their history Black history Through their Brooklyn brick and mortar BLK MKT Vintage and online shop they have uncovered tens of thousands of items including vintage literature vinyl records clothing art decor furniture and more BLK MKT Vintage Reclaiming Objects and Curiosities That Tell Black Stories invites readers into Handy and Stewart s work and partnership as they pick collect curate design and reimagine futures for the objects of the past Brimming with more than 300 photographs of vintage pieces of ephemera the book is a beautiful ephemeral object itself calling to mind a scrapbook or family album that has a surprise on every page whether that s 1972 celluloid pins from Shirley Chisholm s presidential campaign early 1800 s hand drawn maps of the African continent or 1920 s bound yearbooks from various HBCUs The book also explores the various concepts that ground Handy and Stewart s work interviews with Black archivists artists memory workers and collectors including a foreword from Spike Lee a look into their private collection of thousands of items they have discovered over the years an explanation of the different players in the antiques and vintage world and tips and tricks on how to begin your own collection and curate physical spaces that reflect your identity and experience

Cooking in Other Women's Kitchens Rebecca Sharpless,2010-10-11 As African American women left the plantation economy behind many entered domestic service in southern cities and towns Cooking was one of the primary jobs they performed feeding generations of white families and in the process profoundly shaping southern foodways and culture Rebecca Sharpless argues that in the face of discrimination long workdays and low wages African American cooks worked to assert measures of control over their own lives As employment opportunities expanded in the twentieth century most African American women chose to leave cooking for more lucrative and less oppressive manufacturing clerical or professional positions Through letters autobiography and oral history Sharpless evokes African American women s voices from slavery to the open economy examining their lives at work and at home

Black Hunger Doris Witt,2004-10-01 Assesses the complex interrelationships between food race and gender in America with special attention paid to the famous figure of Aunt Jemima

and the role played by soul food in the post Civil War period up through the civil rights movement and the present day
Original **The Edible South** Marcie Cohen Ferris, 2014 Edible South The Power of Food and the Making of an American
Region I Hear America Cooking Betty Harper Fussell, 1997 One of our most revered food writers presents the rich history
and lore of American food as experienced in her travels to six distinct regions of the country In each of these regions readers
find communal rites and tribal dishes appropriate to the ecology each with its own distinctive flavor smell and feel Photos
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