

Fluvanna's Economic Development and Tourism Advisory Council presents:



Traditional Black and African American
Family Recipes from Fluvanna

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Basic Homemade Biscuits

Submitted by: Audrey Hill

You will need:

2 cups of all- purpose flour

2 ½ tsp of baking powder

1 ½ tsp salt

¼ cup of lard or butter

¾ cups of milk

Steps:

1) Sift dry ingredients in a bowl

2) Cut lard into flour mixture until crumbly

3) Add cold milk and mix

4) Place dough onto floured surface and knead until consistent

5) Using rolling pin, roll out dough

6) Add more flour to surface as needed, to keep dough from sticking

7) Roll out to about ¼ inch thick or desired thickness

8) Use a biscuit cutter, jar, or hands, to form biscuits

9) Bake on sheet pan at 450 for 15 minutes or until golden brown

Note: May substitute buttermilk to make buttermilk biscuits.

Creasy Salad with Cornmeal Dumplings

Submitted by: Florence Palmer

You will need:

Salad:

- 2 lbs. washed and steamed salad
- 1 small ham hock or a chunk of side meat.

Dumplings:

- 2 cups of cornmeal
- ½ cup of flour
- 1 tsp. salt
- 1tsp. baking powder
- Melted butter
- 1 egg
- Whole milk or buttermilk

Steps:

- 1) Combine dry ingredients. Add butter, egg, and milk to make a stiff dough
- 2) Cook meat in boiling water until done
- 3) Add salad, cook until done
- 4) Mix dumplings ingredients into a dough
- 5) Drop dough (dumplings) by the spoonful into salad
- 6) Cover and cook for about 20 minutes or until done

Turnips

Submitted by: Shirley Cabbell James

In memory of: Estelle Cabbell

You Will Need:

Turnips

Sugar

Salt

Salted pork (optional)

Steps:

1) Wash peel and slice turnips

2) Add to pot with sugar and salt

3) Add salted pork (optional)

4) Cook until tender

Buttermilk Cornbread with Crackling

Submitted by: Audrey Hill

You will need:

- 1 cup flour.
- ½ teaspoon baking soda
- 1 ½ teaspoon baking powder
- 1 tablespoon sugar
- 1 teaspoon salt
- ¾ cup corn meal
- 1 cup buttermilk
- 2 eggs
- 2-3 tablespoons butter or bacon fat
- ½ cup pork crackling

Steps:

- 1) Preheat baking pan in oven to 425°
- 2) Sift all dry ingredients together
- 3) In a separate bowl, beat buttermilk, eggs, butter, or bacon fat
- 4) Add wet ingredients to dry ingredients mix well
- 5) Add pork cracklings and mix well
- 6) Pour batter into preheated greased baking pan
- 7) Bake for 30 minutes or until done

Deer (Venison) Soup

Submitted by: Audrey Hill

You will need:

Venison tenderloin
Diced potatoes
Diced carrots
Peas
Corn
Lima beans
Tomatoes, sliced onions,
Chicken stock
Salt & pepper
Peppercorns
Vinegar

Steps:

- 1) Brine tenderloin in a mixture of vinegar, onions, & peppercorn overnight
- 2) Rinse off brine and pat dry
- 3) Cut venison into bite size pieces.
- 4) Sear in hot skillet
- 5) In a pot, heat chicken stock and vegetables, except for potatoes
- 6) Add seared meat and cook on low for approximately 2 hours
- 7) Add potatoes and cook for additional 1 hour or until meat is tender
- 8) Add a sprinkle of sugar, and salt and pepper to taste

Green Tomato Relish

Submitted by: Florence Palmer

You will need:

- 8-10 large green tomatoes
- 2 large green peppers
- 2 large red peppers
- 2 large yellow or white onions
- 1 cup apple cider vinegar
- Table salt
- 2 Tbs. pickling spice
- Cheese cloth
- 1 cup white sugar

Steps:

- 1) Slice tomatoes, onions, & peppers
- 2) Cover with water and a generous amount of table salt
- 3) Refrigerate overnight
- 4) Pour off water
- 5) In a pot, add water, vinegar, and sugar
- 6) Tie pickling spice in cheese cloth and drop into mixture.
- 7) Add tomatoes, onions, and peppers
- 8) Cook until tender
- 9) Remove spice bag and discard
- 10) Pour relish into hot sterilized jars and seal

Excellent served over cooked greens and pork.

Fried Potatoes and Onions

Submitted by: Audrey Hill

You will need:

- 8 potatoes, washed, peeled, and sliced
- 1 medium onion peeled and sliced
- 1 ½ tablespoons of bacon grease

Steps:

- 1) In skillet, heat bacon grease until hot
- 2) Add potatoes and onions. Season with salt and pepper to taste
- 3) Fry covered until potatoes are soft
- 4) Then cook uncovered for additional 5 -10 minutes turning frequently with spatula.
- 5) Serve with bacon or fat back

Fried Apples

Submitted by: Audrey Hill

You will need:

6 Apples

Bacon grease or lard

Butter

Sugar

Cinnamon

Basic homemade biscuits (see page 2)

Steps:

1) Wash and slice 6 apples

2) Heat bacon grease or lard and butter in skillet

3) Add sliced apples, sugar, and a dash of cinnamon

4) Simmer until apples are cooked

5) Serve over homemade biscuits with side meat, bacon, country ham, sausage, pork chops, or fat back. Also good with fried chicken

Smothered Rabbit

Submitted by: Audrey Hill

You Will Need:

Rabbit
Flour
Salt and pepper
3 tbsp. butter or bacon drippings
2 tbsp. flour
Sliced onions

Steps:

- 1) Skin and clean rabbit
- 2) Cut into pieces
- 3) Dredge with flour seasoned with salt & pepper
- 4) In a skillet, melt 3 tbsp. butter or bacon drippings.
- 5) Sauté the rabbit until brown
- 6) Remove meat from pan, add 2 tbsp of flour to pan drippings
- 7) Add a little water to make a gravy
- 8) Return meat to pan, cover with sliced onions
- 9) Cover and simmer for 1 hour, or until meat is tender

Wild Rabbit with Gravy

Submitted by: Florence Palmer

You Will Need:

Rabbit
Salt and pepper
Vinegar
Flour
Bacon fat or other grease
Water

Steps:

- 1) Dress rabbit and cut up
- 2) Add to pot of boiling water
- 3) Add salt and pepper, a few drops of vinegar
- 4) Cook until done
- 5) Remove meat and roll in flour seasoned with salt & pepper
- 6) In a hot skillet of bacon fat or fat back grease, cook meat until brown
- 7) Push meat to one side of pan and add flour to drippings.
- 8) Add water to make gravy, cover and simmer stirring occasionally for 10-15 minutes

Brown Beans and Dumplings

Submitted by: Cathy Wheeler

In memory of: Mamie Wheeler

You Will Need:

1 lb. pinto beans

Basic homemade biscuit dough (see page 2)

Ham hock

Salt & Pepper

Steps:

- 1) Sort and rinse beans
- 2) Soak in water overnight
- 3) Rinse beans
- 4) In large pot, add water and ham hock
- 5) Bring to boil, then add beans
- 6) salt and pepper
- 7) cook for 3 hours
- 8) Drop in prepared biscuit dough dumplings. Cook for additional 45 minutes

Blackberry Dumplings

Submitted by: Cathy Wheeler

In memory of: Mamie Wheeler

You Will Need:

2 quarts washed blackberries

1 stick of butter

1 ½ cup of sugar

1 tsp vanilla extract

Basic homemade biscuit dough (see page 2)

Steps:

- 1) In large pot, place blackberries, sugar, butter, and vanilla extract
- 2) Simmer on low heat for 10 minutes
- 3) Make 1 ½ inch dumplings, drop into simmering blackberry mixture
- 4) Increase to medium heat, cook for 15 minutes, or until done

Stovetop Strawberry Dumplings

Submitted by: Cathy Wheeler

In memory of: Mamie Wheeler

You Will Need:

2 quarts washed strawberries

1 stick of butter

1 ½ cup of sugar

1 tsp vanilla extract

Basic homemade biscuit dough (see page 2)

Steps:

1) In large pot, place strawberries, sugar, butter, and vanilla extract

2) Simmer on low heat for 10 minutes

3) Make 1 ½ inch dumplings, drop into simmering strawberry mixture

4) Increase to medium heat, cook for 15 minutes, or until done

Rice Pudding

Submitted by: Bertha Armstrong

In memory of: Mrs. Virginia Kelley

You Will Need:

- 1 ½ cups of cooked rice
- 6 eggs
- 1 stick of butter
- 1 can Carnation milk
- 2 cups of sugar
- 2 Tbsp. lemon extract
- Dash of nutmeg
- ½ cups of raisins

Steps:

- 1) Combine all together. Pour into baking dish
- 2) Bake at 350° for 1 ½ hours

Wild Blackberry Cobbler

Submitted by: Audrey Hill

The Filling

You will need:

2 quarts washed blackberries,
1 ½ cup of sugar (depending on sweetness of berries),
3 tbsp butter, 1/4 tsp nutmeg, 1 tsp. vanilla extract

- 1) Place blackberries and sugar in saucepan, cook until soft. Mixture will be very juicy
- 2) Save ½ cup of juice and put aside
- 3) In a separate container, make a slurry of water and flour, mix well
- 4) Pour into hot berry mixture. stirring constantly, cook until thickened
- 5) Remove from heat, and stir in butter, nutmeg, and vanilla extract

The Biscuit Crust

You will need:

2 cups all-purpose flour, 2 tsp baking powder,
1 tsp salt, ½ tsp baking soda,
¼ cup of lard, ½ cup buttermilk

- 1) Mix ingredients into a dough
- 2) Roll out crust made from biscuit dough
- 3) Line bottom and sides of baking dish with crust
- 4) Pour cooked blackberries onto crust in baking dish
- 5) Top blackberries with second crust. Fold bottom crust over top crust to seal
- 6) Poke holes in crust to allow steam to escape
- 7) Cook in preheated oven at 350° until crust is golden brown
- 8) Serve warm topped with sauce

The Sauce:

You will need: ½ cup sugar, ½ cup blackberry juice 1 tbsp flour, 2 tbsp butter, ½ tsp nutmeg, ½ tsp vanilla extract.

Step: In saucepan, combine blackberry juice, sugar, flour. Heat until thicken. Stir in butter, nutmeg & vanilla extract.

Poor man's pie (cake)

Submitted by: Audrey Hill

Filling

What you Need:

6-8 Granny smith apples

Butter

Sugar

Cinnamon

Nutmeg

Vanilla extract

Basic homemade biscuits (see page 2)

Filling Steps:

In a saucepan, cook apples with sugar, cinnamon, nutmeg, and vanilla.

Steps:

- 1) Mix up basic biscuit dough
- 2) Separate into two equal parts
- 3) Shape into two 8-inch round hand formed biscuits that are 1 inch thick
- 4) Bake until brown. Remove from oven
- 5) With sharp knife, slice each one equally
- 6) spread the four layers generously with butter
- 7) Place first layer on plate with buttered side up, spread on a layer of apple filling
- 8) Stack each layer topping each with apple filling
- 9) Repeat layering and filling for all 4 slices



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