



“Receipts” from *LIVE! Cooking for the (future) President:* President James K. Polk State Historic Site

Dried Apple Pie by The Historical Cooking Guild of the Catawba Valley

Dried apples would be softened by either soaking them overnight in water or other liquid or simmered in the liquid until they were soft. They could then be used in a favorite apple pie recipe. Spices that were typically used were cinnamon, cloves, mace, nutmeg, and ginger. Rosewater and lemon juice or lemon peel were also often used to flavor the pies.

Dried Apple Pie

16 oz. dried apples
2 cups water or apple cider
3/4 cup brown sugar
1 tsp cinnamon
1 tsp ginger
1 tsp nutmeg
Butter to dot

Soak dried apples overnight in water or cider. (If apples are still dry in the morning, add a little more liquid to cover and simmer for 10 minutes). To the apples and juice, add brown sugar, cinnamon, ginger, and nutmeg. Line a 9-inch pie pan with pastry and add the prepared apples. Dot with butter. Cover with a top crust and make slits to let steam escape. Bake in 350° oven for 1 hour.

Lard Pastry

Lard was often used in pastry especially in winter when butter may not be available.

2 cups flour
1 tsp. salt
1 tsp. sugar
2/3 cup lard
5 Tablespoons ice water, or as needed

Mix flour and salt and sugar together in a bowl. Cut in the lard with a knife or pastry blender until the mixture resembles coarse crumbs. Sprinkle in water, 1 tablespoon at a time, blending gently with a fork until all flour is moistened and dough almost cleans the sides of the bowl. Divide the dough in half and shape flattened rounds. Wrap in plastic and refrigerate for at least 1 hour. Makes 2 crusts.

Hoe Cake (Original)

1c Cornmeal
3 strips salt pork
Water (cold or boiling)*

Start rendering fat from salt pork in Dutch oven or cast-iron skillet. While rendering pork mix cornmeal and water together. Batter should be consistency of pancake batter. Ladle cornmeal batter into hot fat. When bubbles are seen on top of batter flip the hoe cake over. Cook until crispy on both sides.

*Adding boiling water changes the texture of the hoe cake.

Sweet Potato Biscuits by Clarissa Lynch

This is a recipe steeped in slave tradition to make a little go a long way. Passed down to my paternal grandmother from her mother it's a tasty treat that minimizes the use of flour and sugar because of the addition of sweet potatoes. These biscuits are great with country ham for that salty sweet treat. I put my own twist on it with the addition of cinnamon and nutmeg. It's also great on the open hearth or a camp fire as ash cakes.

2 medium sweet potatoes
1/2c butter
1/2c sugar
1/4t salt
3c AP flour
2oz lard
1t baking powder
2t cinnamon
Freshly grated nutmeg
Cast Iron Skillet for baking

Peel sweet potatoes then cut into rounds and boil until tender. Drain potatoes and place into bowl. Add butter, sugar, and salt into bowl with sweet potatoes and mash together well. In a separate bowl mix flour, baking powder, cinnamon and nutmeg. Cut lard into dry ingredients well. Stir the dry ingredients into the potato mixture. Knead gently. Chill the dough 1-2 hours in a cool area. Pinch off bits of dough for a biscuit and pat out by hand to place into cast iron skillet. Bake in a preheated cast iron skillet for 25 minutes at 350 degrees.