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## Cuisine - Old Time Recipes

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# cuisine

— Leroy Thomas

Many members of a Western Oklahoma church have been gladdened by a delicacy called Birrocks, a recipe handed down by the German grandmother of a member of the Kitchen Committee. A recipe for the "German hamburger" follows:

## BIRROCKS

1½ lbs. hamburger	¼ t. allspice
1 small head cabbage	1½ t. salt
2 large onions	1½ t. pepper, coarsely ground

Fry hamburger till done, but not brown. Drain off fat. Chop onions and cabbage, fry in 2 tablespoons of shortening till done, not brown. Mix meat, cabbage and onions, allspice, salt and pepper. Cool.

## DOUGH FOR BIRROCKS

2 cups warm water	6½ cups flour
½ t. salt	2 pkgs. dry yeast
1 beaten egg	½ cup sugar
½ cup oleo or shortening	

Let the dough rise double in size before rolling out. Cut dough in squares. Stuff as much of the meat mixture in each square as possible and pinch down to make a bun. Bake for 20-25 minutes at 350 degrees — or until brown. By the way, the warm water is to be used in the preparation of the yeast and sugar mixture. Shared by Helen Brown and Emma DeFehr, both of Weatherford.

Up to the time our good friend Marie Zacharias and her husband, Frank, moved to the Corn Home for the Aged a few years ago, Marie — Grandma Zach — often shared peppernuts with my family and me. Ladies like Grandma have always taken great pride in the smallness of their peppernuts, some of which were no larger than large peas. Some ladies would painstakingly cut their peppernuts in perfect little circles using a sewing thimble for a cutter. Here's a recipe (sometimes called receipt) for plain peppernuts.

3 cups sugar	1 t. cinnamon
1 cup oleo	1 t. cloves
4 eggs	1 t. nutmeg
1 cup milk	1 t. black pepper
3 t. baking powder	flour to make very stiff dough
a little salt	(3 - 4 cups)

Cream oleo and sugar until fluffy. Add eggs, one at a time, beating well. Add the milk. Sift the dry ingredients with spices and flour. Add half the amount of flour, mixing well. Add remaining flour and knead thoroughly. Store dough in tightly covered container in the refrigerator overnight or longer. This helps the dough to season and spices to blend. Roll dough into thin ropes and slice with sharp knife dipped in flour or cold water. Pieces should be about the size of a hazel nut. Place pieces separately on a greased baking sheet. Bake at 350 - 375 degrees for 7 - 10 minutes or until golden brown. Different degrees of browning change flavor and texture of peppernuts. Shared by Helen Brown of Weatherford. ■



# old-time RECIPES

LETTERING BY BEVERLY WHITE

## THE SOUTH TRANSPLANTED

— Carolyn Branch Leonard

The South is alive in my Oklahoma Panhandle kitchen, and I'm grateful to my mother-in-law, Oza Leonard of DeRidder, Louisiana. She's a typical Southern lady and an excellent cook. Of course she never measures anything, and her only recipes are the ones she memorized while watching her mother, Grandmother Brown, in the kitchen.

Although I joined the family after Grandmother Brown became ill, I have been told that her dining table was always crowded with folks who "just happened to drop in" at mealtime, and everyone's favorite dessert was syrup cake.

While on a trip to Louisiana, I cornered my mother-in-law in her kitchen and begged her to let me watch her bake a syrup cake. So here's the recipe.

## OLD - FASHIONED SYRUP CAKE

2 eggs, beat well, then mix with  $\frac{1}{2}$  cup white sugar and  $\frac{1}{2}$  cup vegetable oil and beat until creamy. Add one can cane syrup, beating constantly and pouring the syrup in a thin stream; then mix in 2 cups self-rising flour and 1 teaspoon vanilla. Bake in a greased 8 - inch square cake pan in a 350 - degree oven about 30 minutes. Serve hot with ice cream or cold with whipped cream, or just plain.

Allowed substitutions: equal parts of molasses and honey as the syrup; regular flour with 2 teaspoons of baking powder and  $\frac{1}{2}$  teaspoon of salt can be used instead of self-rising flour. ■

One day as I walked into my literature of the American West classroom, I heard one of my lady students, a commuter, exclaim, "Oh my goodness, I forgot to feed Herman before I left home today. Since I won't be back home for a couple of days, I guess I should call my neighbor and ask her to go over and take care of him." Always being the curious sort, I found out that she was talking about a sourdough starter. For many years Herman has been a very present help in the kitchens of many women. Here he is as intended — to be shared.

## HERMAN CAKE

On the day you get your Herman Cake, give it a feeding of: 1 cup flour, 1 cup milk, and  $\frac{1}{2}$  cup sugar. Keep refrigerated in a large covered container with a tight lid. Stir everyday. On the fifth day, feed the cake again. On the tenth day, make your own Herman Cake. Take out two cups of starter. Keep one cup and give one cup away with the recipe.

STEP 1: To remaining mix, add: 1 cup sugar, 2 cups flour,  $\frac{1}{2}$  t. soda, 2 t. baking powder,  $\frac{2}{3}$  cup oil, 1 cup raisins or more if desired, 1 cup chopped nuts,  $\frac{1}{2}$  t. cinnamon.

STEP 2: Topping before baking: 1 T. flour, 1 T. cinnamon, 1 cup brown sugar, and  $\frac{1}{2}$  cup melted oleo. Mix and pour over batter, use a fork to swirl topping through batter. Bake 350 degrees for 50 minutes in a 9 x 13 pan.

STEP 3: Glaze after baking:  $\frac{1}{2}$  stick oleo, 1 cup brown sugar,  $\frac{1}{2}$  cup milk. Boil this mixture 5 minutes, stirring constantly. When the cake is done and removed from the oven, pour the mixture over the top.

ONE SUGGESTION: Have all the dry ingredients mixed together with the oil before adding the sourdough. Once the soda and baking powder are mixed with the sourdough, it starts rising. Swirl in the topping as quickly as you can. Once it starts rising and you stir through the batter, it will fall when baking. But that doesn't hurt the flavor; it just doesn't look as pretty. Recipe contributed by Carolyn Lichtenwalter of Lone Wolf through several generations of cooks.

MEd