

Good Ol' Southern Hospitality

In season

by Liz Blum

Manners are always in style, especially in the South.

Growing up Southern-style meant growing up with food, especially fresh veggies. I'll always remember my grandmother's house on Sundays — the air fragrant with just-baked Tollhouse cookies, roast beef, chicken and pork and green beans simmering on the stove with plenty of fatback to give them strength.

Our Sunday meal always was accentuated with a bowl of relish made by Grandmama during that certain vegetable's season.

My nostalgia trip stems from finding her cookbook with leaves hanging out and numerous recipes and notations stuck between the pages.

A Sunday "big meal" just isn't the same anymore with Grandmama going down to the cellar and bringing up a jar of her watermelon pickles or bread-and-butter pickles.

Here are a few of her recipes to help you down Nostalgia Lane:

CARROT RELISH CUPS

- 1 3-ounce package orange-flavored gelatin
- 1/4 cup sugar
- 1 8-ounce package cream



cheese, softened

- 1/2 cup orange juice
- 1/2 teaspoon shredded lemon peel
- 2 tablespoons lemon juice
- 1 cup shredded carrots
- 1 cup chopped apple

Dissolve gelatin and sugar in boiling water. Add cream cheese and beat smooth with electric or rotary beater.

Stir in orange juice, lemon peel and lemon juice. Chill until partially set. Add carrots and apples.

Spoon into six to eight individual molds. Garnish with carrot curls on top of mold and orange sections on plate by mold and add sprig of greenery.

PEPPER RELISH

- 12 green peppers
- 12 red peppers

12 onions

- 1 pint apple cider vinegar
- 5 cups white sugar
- 2 tablespoons celery seed
- 2 tablespoons salt

Finely chop peppers and onions. Add salt. Bring to a boil and stir. Drain off liquid.

Add vinegar, sugar and celery seed. Add pepper and onion mixture. Put into jars while hot.

BREAD-AND-BUTTER PICKLES

- 1 gallon medium cucumbers, about 18 to 20 sliced thinly
- 8 small white onions sliced
- 1 green pepper, cut into strips
- 1 sweet red pepper, cut into strips
- 2 tablespoons mustard seed

- 2 teaspoons celery seed
- 5 cups apple cider vinegar
- 1/2 cup coarse salt
- cracked ice
- 5 cups white sugar
- 1 1/2 teaspoons turmeric
- 1/2 teaspoon ground cloves

Mix cucumbers, onions and peppers. Add salt, cover with ice, mix thoroughly. Let stand for three hours. Drain.

Combine remaining ingredients. Pour over cucumber mixture. Bring to boiling. Seal in sterilized jars. Makes eight pints.

This is from the Outer Banks Woman's Club's cookbook. While I never saw Grandmama make this particular relish, I know she would have loved it.

SPICED-PICKLED SHRIMP

- 2 pounds boiled shrimp
- 6 small white onions
- 1 cup olive oil
- 1/4 cup tarragon vinegar
- 2 teaspoons salt
- couple of bay leaves
- 1 teaspoon sugar
- 1 teaspoon Worcestershire
- 1/2 teaspoon dry mustard
- pinch of cayenne pepper
- pickling spices (handful)

In a crock or bowl, put a layer of boiled shrimp and onions. Make a dressing from the other ingredients and pour over the shrimp. Cover and refrigerate for 24 hours.

Roberta Evans