

# Old-Fashioned Cookbook



Introduction Food has been one of the major ingredients of history since the beginning of time. Wars have been fought over farmland, and the search for more and better food has been a major guiding force in mans development. Even in our own country where we think of food as always being on plentiful supply, it was partly the shortage of farmland that started the great movement west. The way man has been able to eat has also depended on his ability to store for future use the food he is able to collect or grow. In todays modern market when any food of any season can be had by just picking up a frozen carton or tin can, it is hard to imagine the time when foods were limited to those that could be stored as they were harvested. In this Land of Plenty with modern methods of preservation and transportation, people are still interested in their food, especially better ways to prepare it. Here in West Virginia there is a great deal of pride taken in the good old days. These two facts together are responsible for this cookbook. Each year, many requests come to offices of the State Department of Agriculture for recipes no longer in general use. In our files, we are usually able to find the answer. Because of the ruthless march of time, many of the hearty dishes that nourished our founding fathers can no longer be enjoyed. This cookbook was conceived with the idea of preserving for future generations a few of the wonderful foods that came across the mountains with our forefathers. The recipes presented number only about one hundred and fifty. Over five thousand were screened in their selection. Most of the recipes were submitted for our consideration by Market Bulletin readers. Still others come from the aged pages of The market Bulletin itself, and others were collected during our research for this book. We have tried to make the recipes that appear here the average of those from which we had to

choose. This is not to say that any and all were not good. It should be remembered that recipes are only guides; all can be modified to suite the individual taste. From time to time, we will suggest minor modifications and these notes will be indicated by ( ) to show that the remarks were not a part of the original recipe. Many of the recipes submitted are well over one-hundred years old; however, they have no doubt been modified a great deal in this period. The English pound cake is one of the oldest and in those early days had to be made with whole grain flour. Starting in the latter part of the 19th century, white flour became available. However, it was perhaps in the early part of this century before this new product became generally available in West Virginia. White flour is used almost universally now, and it is understandable that most all recipes have been changed in this respect. History also marches across these pages from the Yorkshire Pudding of Old England to the Johnny Cake which was one of the staples of the Confederate soldiers. In early America, corn was practically the only cereal generally available to all classes. It was widely used in many dishes; and it, too, like flour, was at the time whole-grain meal rather than the product which we use today. This is not a book for the weight-watcher unless he or she is willing to be content with sampling. The food found here for the most part are high in calories concocted and eaten by early Americans who had to work hard and needed the energy to build a country now enjoyed by all of us. The Old-Fashioned Cookbook has been one of the Departments most requested publications for years. We hope the new generation of readers will enjoy it as much as those who have requested it in the past. Use fresh West Virginia grown ingredients whenever possible/. Sincerely, Gus R. Douglass West Virginia Commissioner of Agriculture

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