

Belgian American Heritage
Customs and Cookbook

By:
Margaret Draize

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COME SIT WITH ME

*SIT WITH ME AND TAKE A LOOK
AT THE PAGES OF THIS BOOK.*

*YOU WON'T FIND WIZARDS, ELVES OR CROOKS,
GIANT TREES OR BABBLING BROOKS.*

*YOU WON'T FIND MANSIONS MADE OF WOOD,
OR A LITTLE GIRL WITH CAPE AND HOOD:
BUT YOU'LL FIND OTHER THINGS AS GOOD.*

*FOR ON EACH PAGE WITHIN THIS BOOK
ARE RECIPES THAT YOU CAN COOK.*

F O R W A R D

Dear Reader,

This book is dedicated to our Belgian (Walloon) American ancestors, as well as their relatives and friends of the old country. Walloon cuisine as well as their heritage should be preserved. It is true that most born and raised in a Belgian (Walloon) American community, before and even during the 1930's didn't know that any other cuisine existed.

This book is designed to take the reader through a whole year of cooking, traditions, old sayings to predict the weather, and holidays, as well as seasonal cuisine, canning ideas, home remedies, with explanations to give the reader a better understanding of the various situations. It will compare Belgian (Walloon) American cuisine with European Walloon cuisine and explain how, with slight changes many recipes can tantalize the modern pallet. Many of the recipes were hand me downs and were not necessarily tested for this book.

Belgian people are generous, tolerant and hospitable. They love good food and celebrate festivals all the year round. These same features are obvious in most of Americans of Belgian ancestry.

Belgian history begins several decades before the birth of Christ. A human skeleton and part of a second skeleton, cave dwellers of the Stone Age were discovered by Belgian scientists at Spy, Belgium. The skeleton can be seen in the museum in Namur, Belgium. The cave was believed to have been a neanderthal cave.

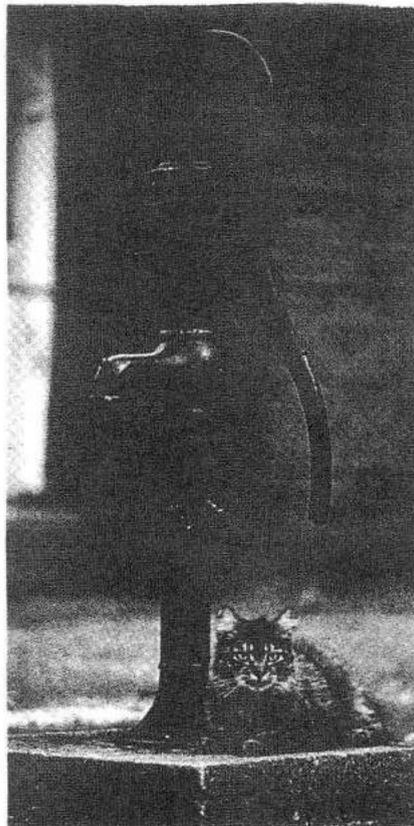
The Romans won over the Celtic tribes of Belgae and remained for about 500 years. After the Romans, Belgium was ruled by the Franks, the French, the Spanish, Austrians followed by the Dutch.

Belgium has a population of about 10 million and has nine separate provinces over almost 12,000 square miles. It has 4 official languages; Walloon, French, Flemish and German. It has marvelous castles, one of which is the oldest feudal fortresses in the country. It is Bouillon castle. It was owned by Godfrey Bouillon, who became the leader of the first crusade (1069-1099).

It has beautiful cathedrals and churches, with beautiful scenery, some of which resembles Wisconsin. It also has some of the world's finest art by Rubens and even Michelangelo.

Belgium became known for its coal, metals, textiles and lace as well as for its diamond cutting. Its specialties in foods include fritters, waffles, snails, mussels, fish, lobster, shrimp, oysters, soups, sausages, chicken, and meatloafs. Its farm crops are wheat, barley, sugar beets, potatoes, beef cattles, pigs, poultry, eggs and dairy products.

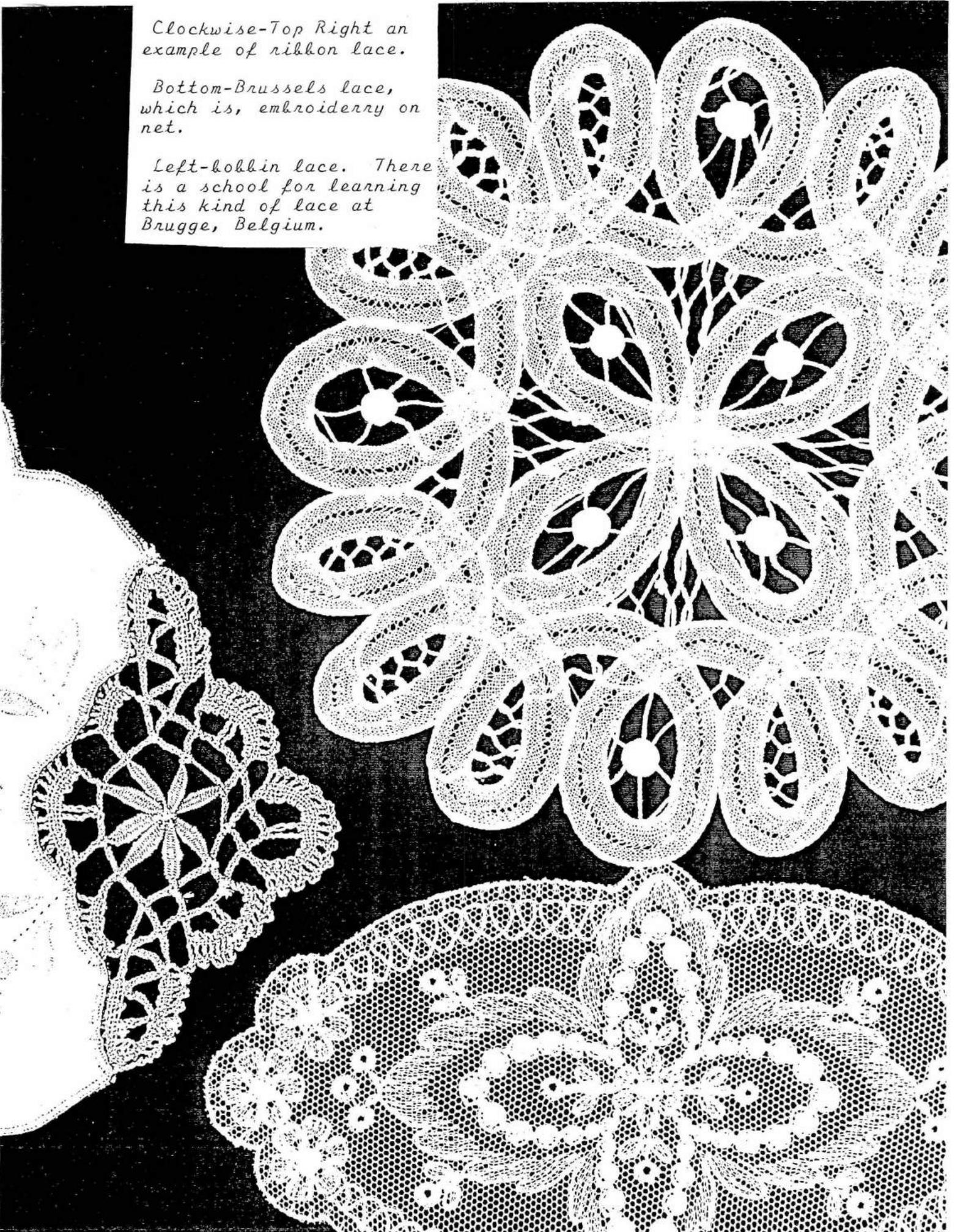
Belgium has much to offer even if it is compact in size.

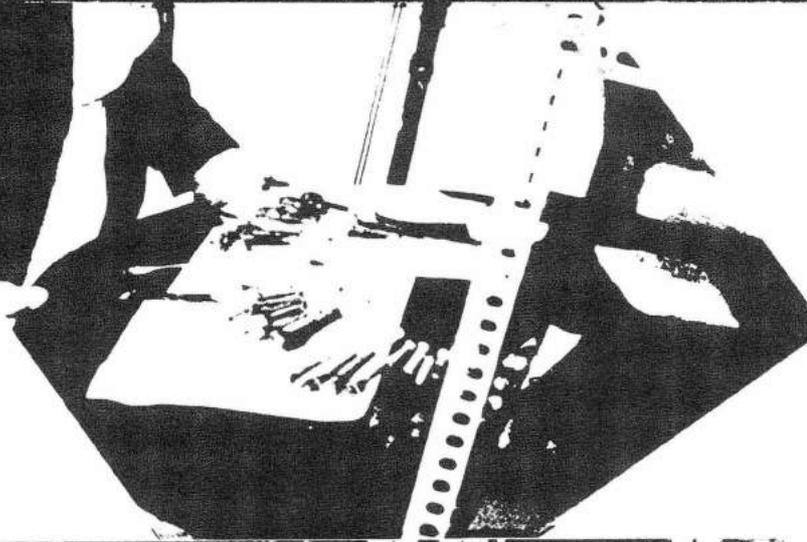
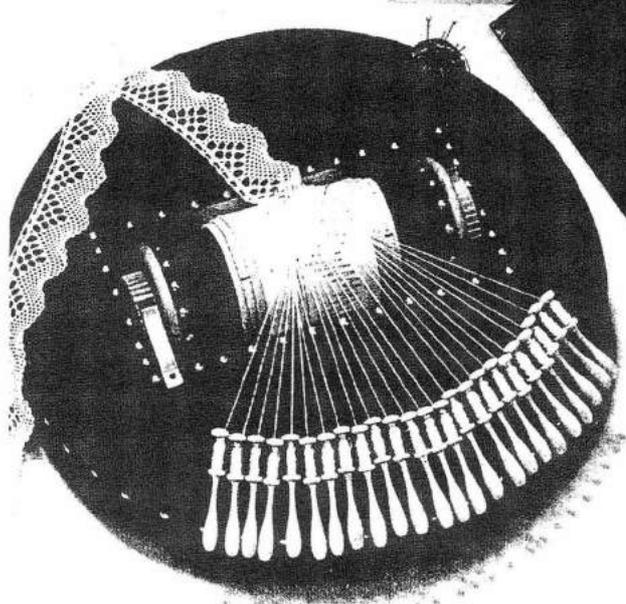
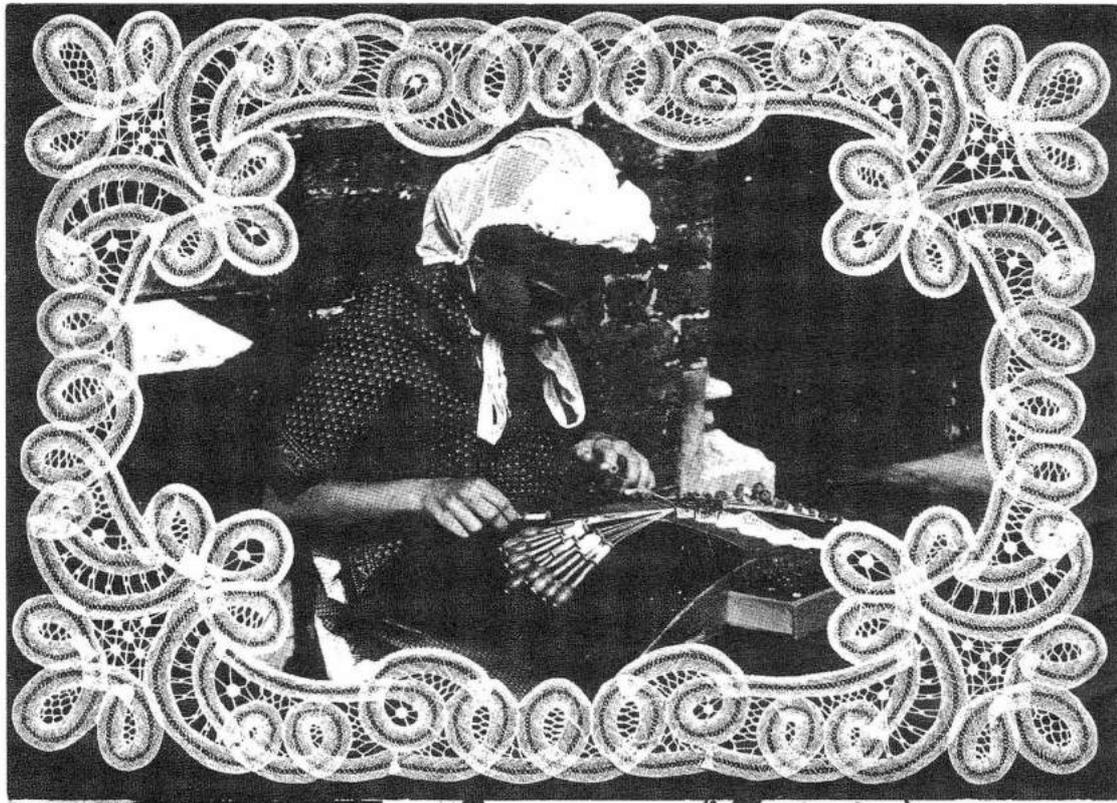


Clockwise-Top Right an example of ribbon lace.

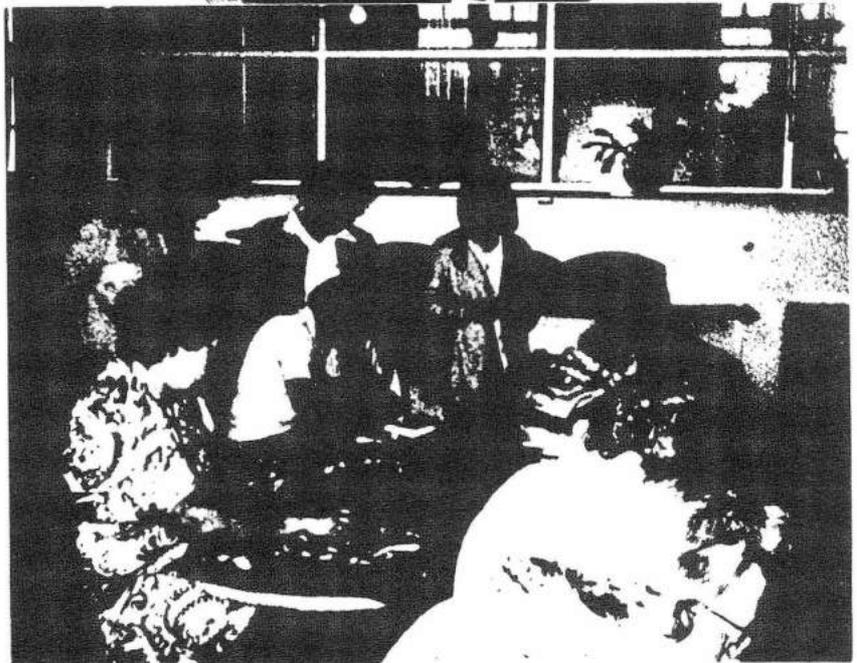
Bottom-Brussels lace, which is, embroidery on net.

Left-bobbin lace. There is a school for learning this kind of lace at Brugge, Belgium.

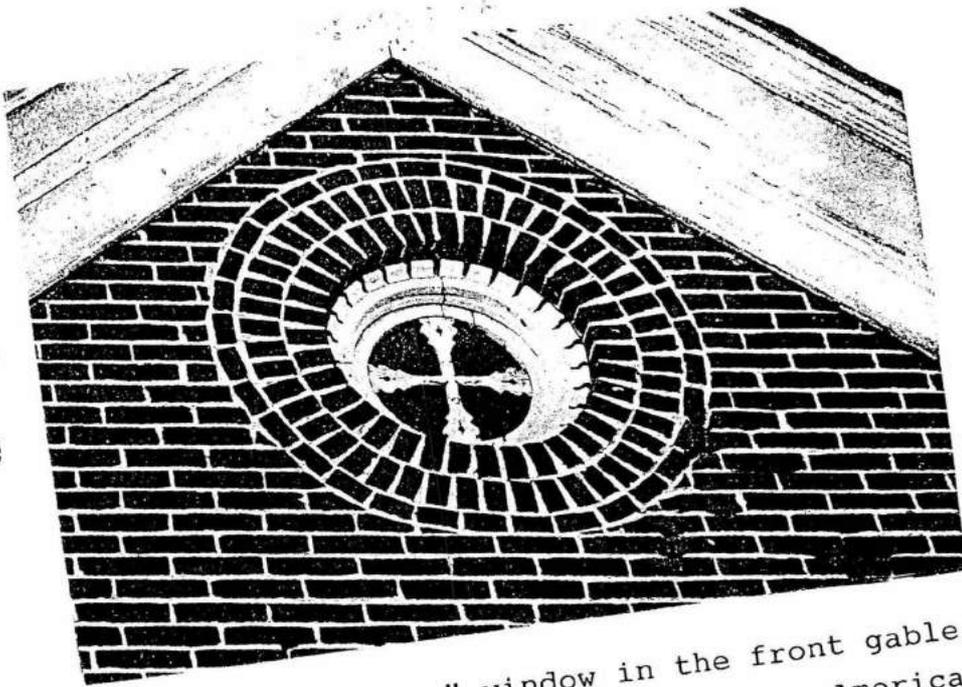




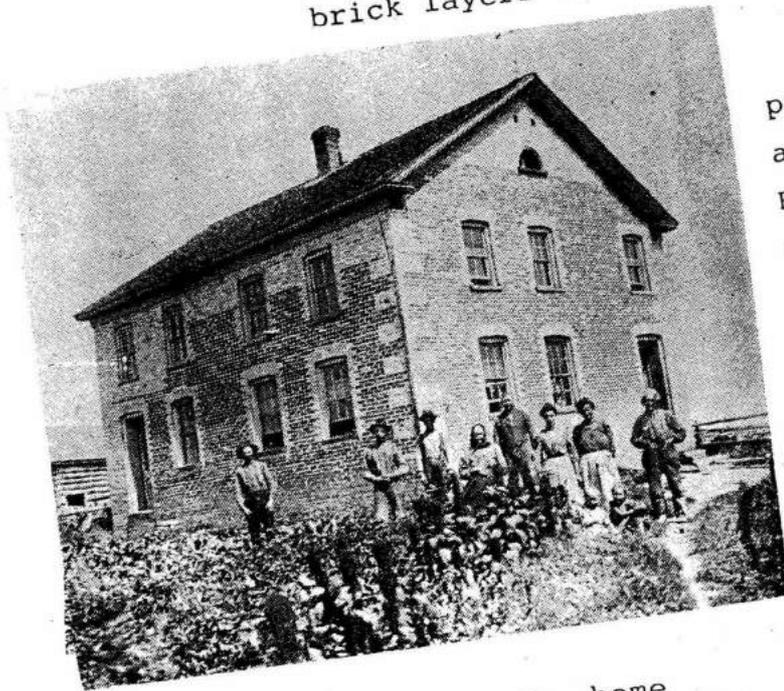
*Bobbin Lace making
in Burge, Belgium.*



Typical
Belgian
Architecture

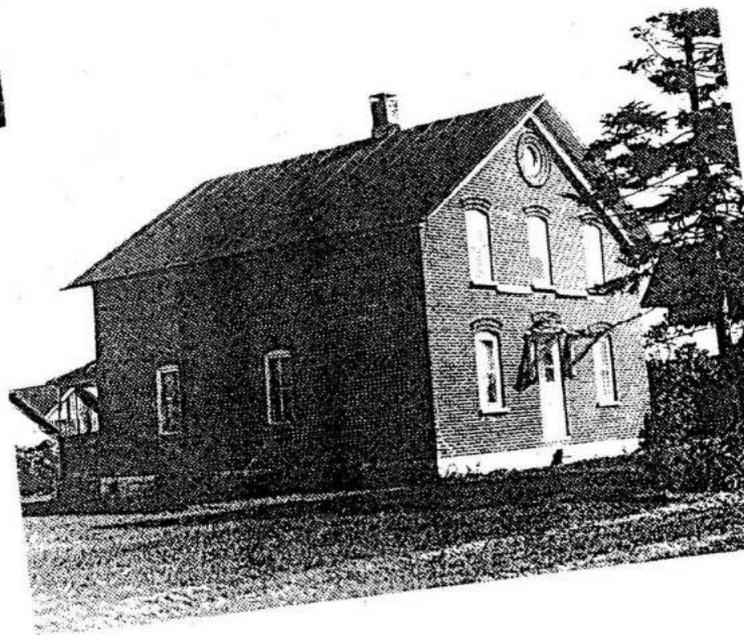


A "bulls-eye" window in the front gable end of a brick home, was the Belgian American brick layers trademark.



The August Draize Jr. home now owned by Ivan Draize. It has been in the family for over 100 years.

The Massart home, is part of the "Belgian Farms" at Heritage Hill in Green Bay. It was built in the early 1870's.



The Gervase Neuville brick home was built by August Draizé Sr. about 1857. The walls of the basement were made of squared and coarsed stones that had been quarried near by, and a vaulted root cellar was built within the house foundation. The stone walls were two feet thick. Because August had learned his profession in Belgium he probably used rye flour in the mortar for its lasting quality.



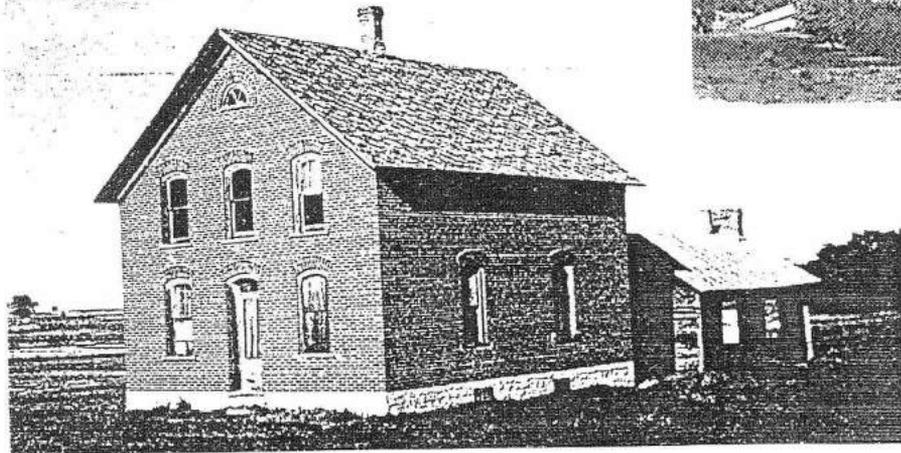


The Joseph and Josephine Destree
home now owned by Francis and Rita Jauquet.



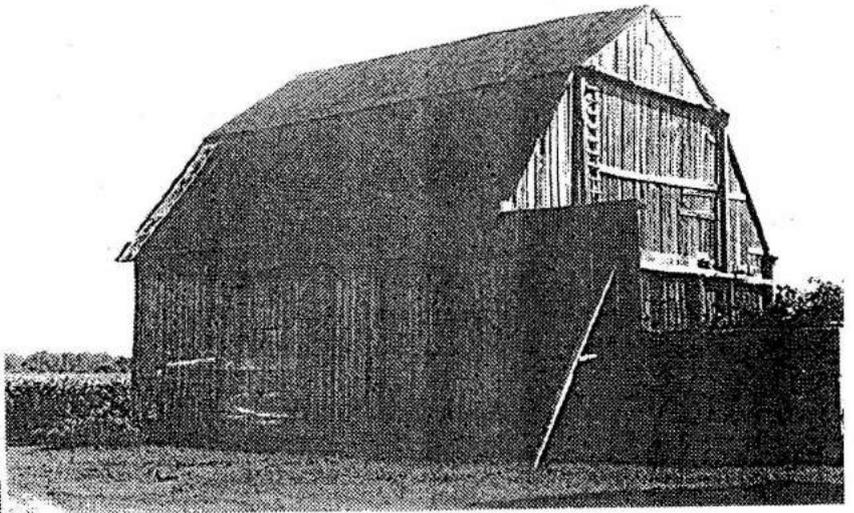
The Joseph Delfosse home, now owned by
Clayton Baudhuin. Joseph developed the
"Big Joe Flour."

The Eloi Meunier House
now owned by Terry
Cochart.



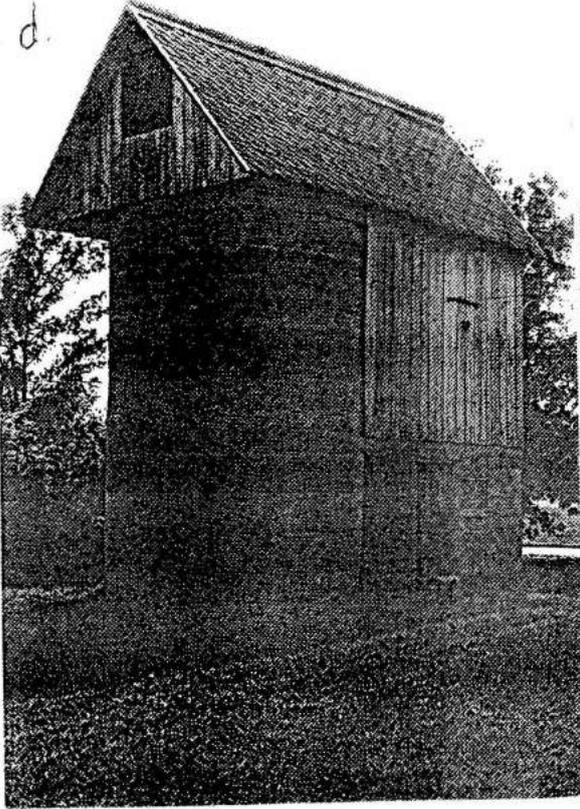
The Isadore Virlee Home now owned by Donna
and Dwayne Tebon. Another common brick layers
trademark was the curved brick design or lenti
l above the windows.

a.

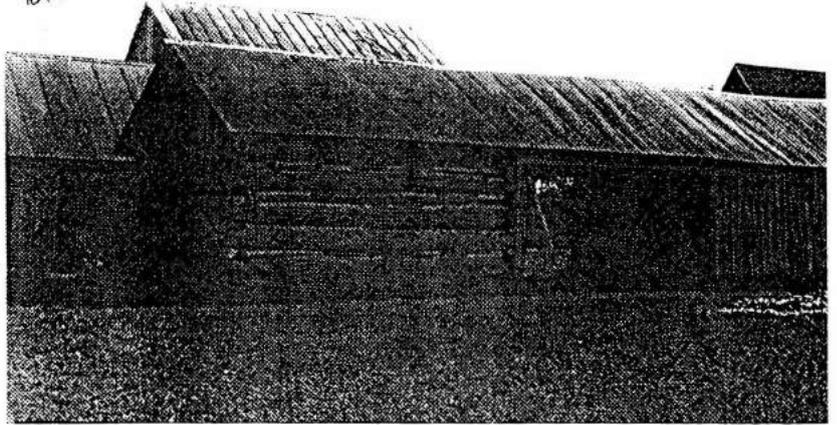


Other old buildings on the Draize farm included part of the barn a., the wood shed b., the chicken coop c., the silo d., and the outhouse e.

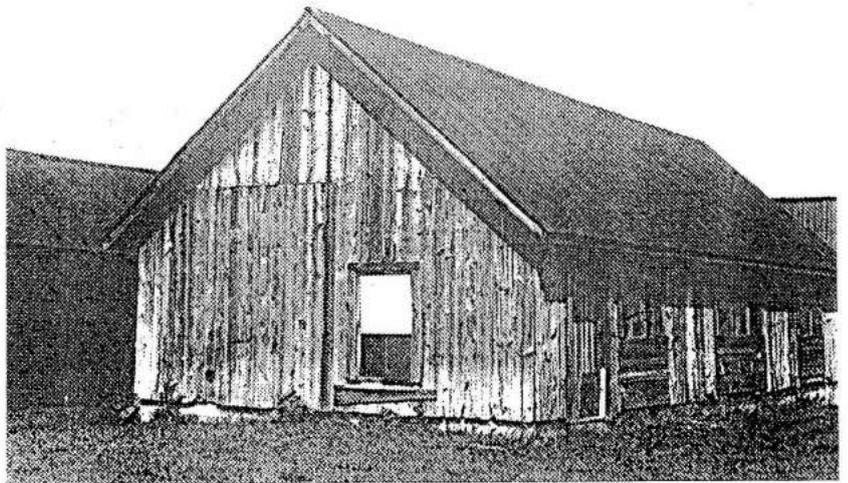
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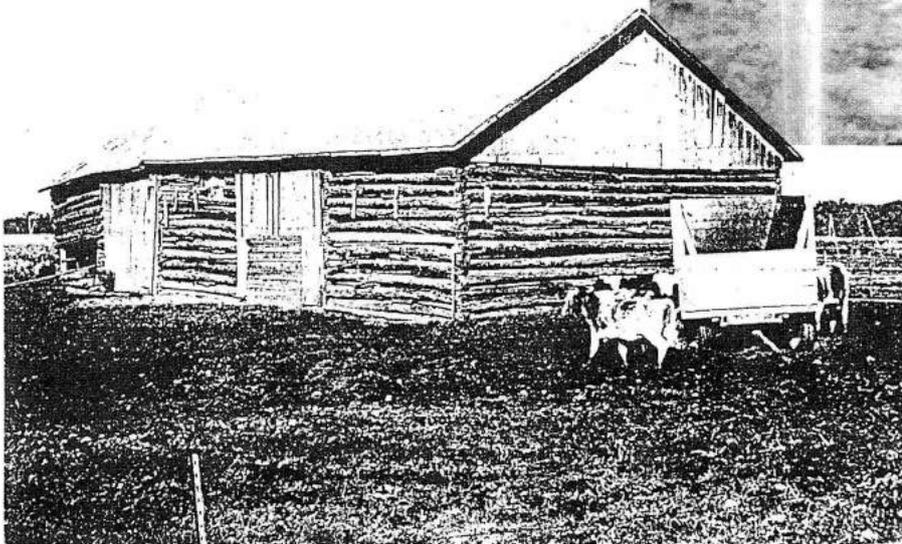
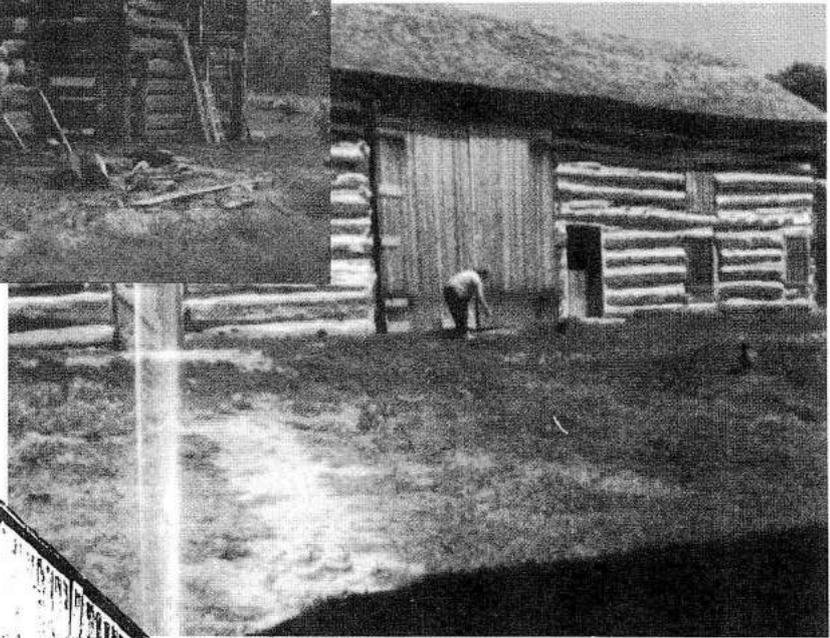


e.

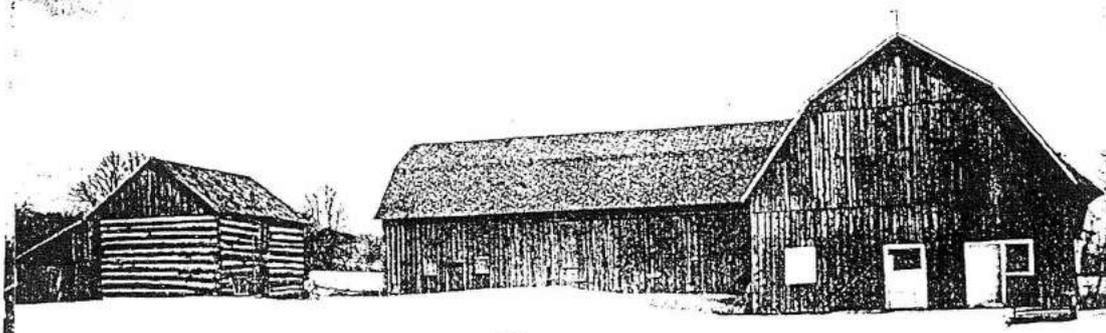




The Jule Lampereur barn as it was being reconstructed at Heritage Hill.

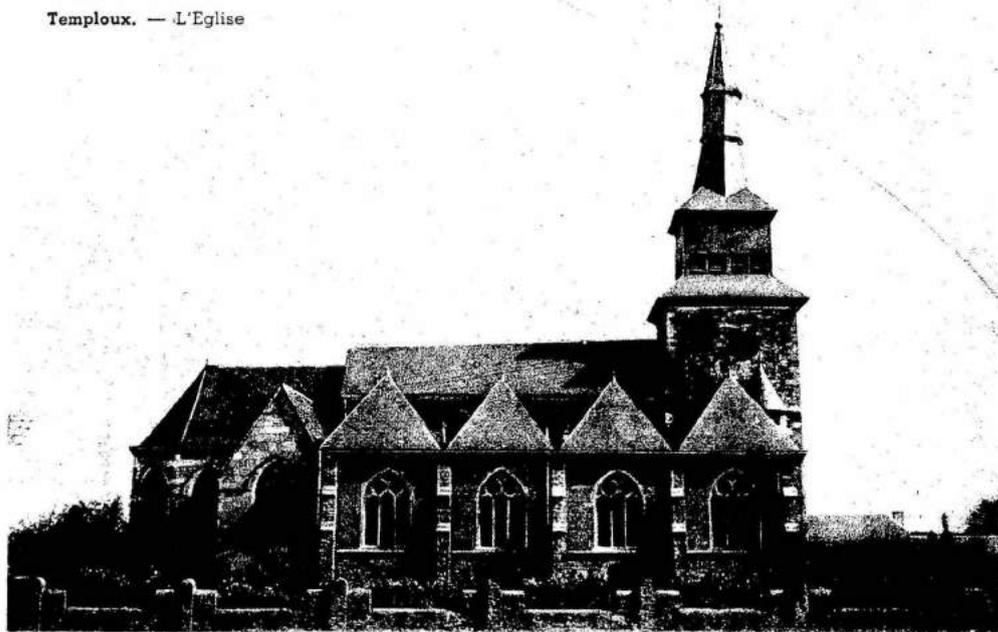


Early barns had a simple two-sided roof. Hip roofs were erected later.



Church at
Temploux, Belgium
from where the
Draize family came
to America.

Temploux. — L'Eglise

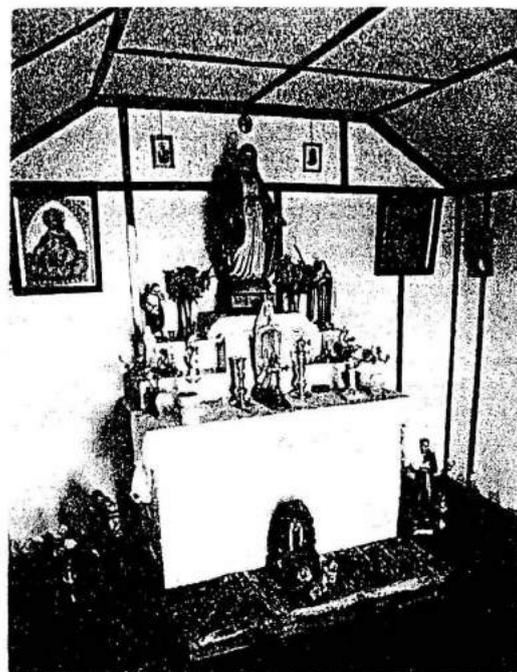


Inside
of the
Church at
Fosse,
Belgium.



Left: an example
of a roadside chapel
in the Wisconsin
Belgian area.

Right: an example
of the inside of a
chapel. Belgium
still has road side
chapels too.





The top village is "Fosses-la-Ville," and the bottom one is "Aude."



It is common to see the roofs of all the buildings in a village to be the same color and material.

W I N T E R
J A N U A R Y

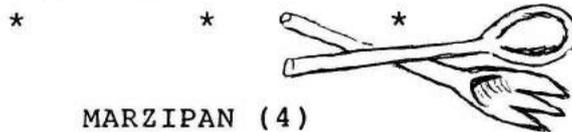
New Year's day begins the year and is the first holiday. In Belgium it is the day for giving and receiving gifts. It is also the day for everyone to visit and wish a Happy New Year (Bonne Annie) to all relatives and friends older than themselves. This would include their parents, grandparents, godparents, brothers, sisters, aunts and uncles, etc. The visits will be short, as there are many homes to visit. At each home you would be served something, such as a cup of coffee, demitasse, wine or an alcoholic drink. It could be food too, such as waffles, Belgian pie, cakes or even a meal or lunch with breads, cheese, cold meats or fruit.

Cakes are likely to be sponge cake or Pain d' Epice (honey bread). Very often a New Year's cake would be baked in a heart shape to signify the idea of the New Year's greeting coming from the heart. The sponge cake might be in layers with whipped cream and strawberry jam between the layers as well as over the top and sides as frosting, then covered with a thin layer of marzipan and decorated with marzipan fruit or flowers.

In Wisconsin it too, is a common custom to attend a church mass service and then have a family get together to share a meal. Sometimes friends or relatives without a family are also invited to share this meal. The meal might include a couple of kinds of meats such as chicken, ham, beefstew, Belgian tripe or meatballs. The vegetables would be potatoes (often mashed), corn, peas and carrots or baked beans. Various salads, pickles, pickled beets and canned crab apples may also be a part of the meal. For dessert, waffles in hot milk with a little sugar and cinnamon was an old favorite as well as some kind of layer

the pan it is cooled than sliced in half horizontally and frosted with a light frosting or cream. In Belgium they spread whipped cream over the first layer and cover it with freshly mashed and sweetened strawberries or strawberry jam. Than place the second layer over the strawberries and repeat with cream and strawberries on top.

They make marzipan and roll it very thin on waxed paper. Marzipan can be white or colored as preferred. They cover the whole cake with the large thin sheet of marzipan, trim the edges. The trimmings and extra marzipan is used to make small fruit or flowers, tinting with food coloring to make pretty fruits or flowers to trim the cake.



MARZIPAN (4)

1 cup softened butter	1/2 to 1 teaspoon almond flour
1/2 cup sugar	2 1/2 cups flour
food colors	

Mix butter and sugar. Stir in flour and almond flavor until mixture resembles coarse crumbs. Use small amount of dough and tint green or red for small apples and green for leaves, red mixed with yellow for apricots or oranges, yellow for bananas or pears with painted on characteristic markings with a mixture of red, yellow and blue food colors diluted with water. Strawberries are made by rolling into a small ball and pressing into a heart shape than pricking with the blunt end of a wooden pick for texture, than roll in red sugar. Use small pieces of cinnamon sticks or pieces of green wooden toothpicks for stems and whole cloves for blossom ends of oranges, apricots and apples. Place finished pieces on ungreased cookie sheets. Cover and refrigerate 30 minutes. Heat oven to 300°. Bake until set but not brown, about 30 minutes. Makes about 4 dozen.

* * *

Sometimes people in Belgium shape the marzipan into

little potatoes and roll them in cocoa. These are used as gifts of candy for friends.

MARZIPAN WITH ALMOND PASTE (5)

1 pound almond paste 4 egg whites
1 ounce nulomoline or glucose
2 pounds powdered sugar
few drops of rose, rum or other flavoring

Mix almond paste with sugar and egg whites until smooth. Add nulomoline or glucose and flavoring and mix until blended. Store in a jar or crock covered with a damp cloth until ready to use.

Weigh about one pound of the mixture and roll into a long rope. Cut into 32 pieces each about 1/2 ounce, color and shape into fruits, vegetables or flower shapes. Paint characteristics with a little color on a brush. Insert leaves, stems and blossoms ends.

* * *

ALMOND PASTE (6)

1/2 cup butter 1/2 cup ground almonds
1/2 cup sugar

Cream butter and sugar then add ground almonds and a little vanilla or almond flavoring. Mix well.

* * *

MARZIPAN (BELGIUM) (7)

200 grams dry almond powder (7 ounces)
200 grams powdered sugar (7 ounces)
1/2 teaspoon almond flavor
1 egg white (maybe 2)

If dough is too wet add more powdered sugar. Dough should not stick to fingers. This should be enough dough, when rolled thin to cover the layered cake that has been completely covered with whipped cream.

The dough can be tinted with food coloring a little

at a time until you have the color you want or leave natural and decorate with marzipan fruit or flowers.

* * *

Another New Year's favorite which friends served when we visited them in Belgium or sometimes they send us a loaf from their bakeries, Pain d' Epice (honey bread).

PAIN d' EPICE (8)

Stir together:

1 cup honey 2 tablespoons sugar
1/2 cup hot water 1 1/2 teaspoons crushed aniseed
1 teaspoon grated lemon peel

Sift together:

2 1/2 cups flour 1 teaspoon baking soda

Gradually add to the honey mixture the dry ingredients mixing well. Spread in a greased and floured bread pan. Bake at 350° for 40 minutes. Cool 10 minutes and remove from pan. Slice thinly to serve.

For a New Year's treat it is baked in a heart pan or a loaf pan.

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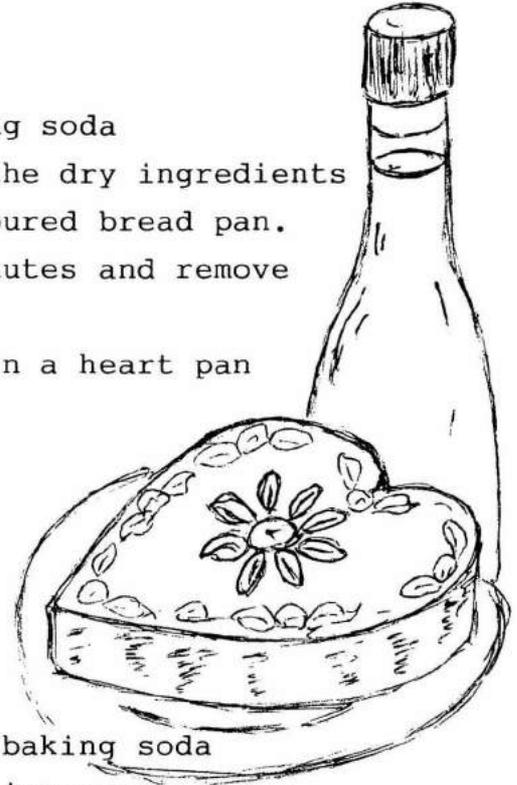
PAIN d' EPICE (BELGIUM) (9)

1/2 kg of flour (about 1 1/4 pound)
1/4 kg sugar (about 5/8 pound)
1/4 kg honey (about 5/8 pound)
2 teaspoons crushed aniseed 2 teaspoons baking soda
1/2 liter milk 2 teaspoons cinnamon

Stir together honey, sugar, milk and aniseed. Gradually add flour and soda to the honey mixture. Pour in a well greased pan. Bake about an hour. Remove from pan to cool.

* * *

More often their heart shaped New Year's cake is a



sponge cake covered with a sheet of marzipan, to serve to their New Year's visitors.

OLIE BOLLEN (10)

A traditional delicacy served on New Year's Eve.

1 cup milk	1 egg
1 tablespoon sugar	3 cups flour
2 tablespoons butter	1/2 teaspoon salt
1 package yeast	1 cup warm water
1 1/3 cups chopped apples	

Mix sugar, salt and butter. Add 1 egg. Mix yeast into milk mixture. Add half of flour and chopped apples. Beat until smooth. Add the rest of flour. Let rise until double in size and beat down. Drop by teaspoons into hot grease at 375° until golden brown. Roll in sugar. Makes about 3 dozen.

* * *

Galettes or waffles are a traditional New Year's food too. Some like the cookie waffles, sometimes called Buna Cookies. The name is taken from the words Bonne Annee.

BUNA WAFFLE COOKIES (11)

1 1/2 cups white sugar	1 teaspoon rum flavoring
1 1/2 cups brown sugar	1/2 teaspoon salt
1 pound butter	9 eggs
5 cups flour	

Cream butter and sugar. Mix in other ingredients. Refrigerate overnight. Make small balls the size of walnuts, bake in a waffle iron with very small design. (I use a pizelle iron.) They should be crispy and golden brown on both sides, about a minute on each side. Some pray the Lord's Prayer on one side and the Hail Mary for the second side.

* * *

ALMOND BREAD (COOKIES) (12)

350 grams flour 125 grams butter
80 grams almond slices 1 teaspoon baking soda
250 grams light brown sugar
1 egg (beat the white slightly)

Work the dough a long time. Roll into a sausage shape. Let rest in a cold place overnight. Slice and bake in a not too hot oven.

When the Buna Cookies are made at any other time of the year, vanilla is used instead of rum.

* * *

AUNT IVA'S GALETTES OR NEW YEAR'S WAFFLES (13)

3 cups flour 4 eggs separated
5 teaspoons baking powder 2 cups milk
1 teaspoon salt 2/3 cups melted shortening
1 1/2 cups sugar

Sift together flour, baking powder, salt and sugar. Beat egg yolks, add milk and mix with dry ingredients. Add melted shortening. Fold in beaten egg whites last. Over beating will toughen waffles. Bake in waffle iron.

Serve sprinkled with a little cinnamon, sugar and hot milk.

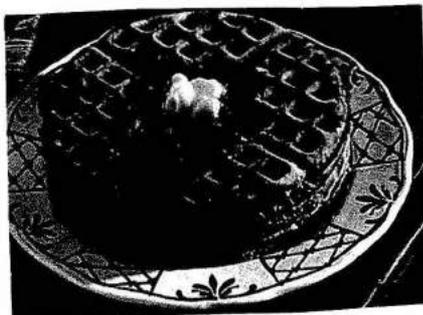
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MY FAVORITE WAFFLE RECIPE (14)

Beat 6 egg yolks. Add 2 cups Carnation milk or buttermilk and 3 cups sour cream, beat until well blended. add 3 cups sugar, 5 3/4 cups flour, 2 rounded teaspoons baking powder and 5 small teaspoons soda, a few shakes of cinnamon and a pinch of salt. When well mixed add two and 3/4 cups butter, when stirred in, fold in egg whites beaten stiff and vanilla.

* * *



YEAST WAFFLES (15)

1 package dry yeast 1 tablespoon sugar
2 cups lukewarm milk 1 teaspoon vanilla
4 eggs separated 2 1/2 cups flour
1/2 cup butter

Sprinkle yeast over warm milk using a large bowl to allow for rising. Beat egg yolk and add to the milk. Add melted butter and flour to the milk and yeast mixture. Mix well with a beater. Let stand after adding the beaten egg whites for 45 minute or until mixture is doubled.

Can be served warm with fruit and whipped cream or can be served at New Years with a buttermilk topping. Serves 8.

* * *

NEW YEAR'S GALETTES (BELGIUM) (16)

1 kilogram flour 8 whole eggs
450 grams butter 600 grams sugar
80 grams yeast 10 grams salt
a little milk

Melt shortening, mix in eggs, yeast, milk, salt and flour into a batter. Let raise about one hour then work in the sugar and let raise 3/4 hour. Bake and eat soaked in milk or buttermilk.

* * *

MILK TOPPING (17)

2 liters milk a little sugar
a little cinnamon

Mix and bring to a boil, cool a little and pour over galettes in a bowl. Lift soaked galettes out with a spatuala while they are still whole to serve.

* * *

NEW YEAR'S BUTTERMILK WAFFLE TOPPING (BELGIUM) (18)

Use a yeast waffle. Heat buttermilk. Add flour to thicken and sugar to taste. Soak waffle in lukewarm



buttermilk sauce.

* * *

Waffles are good served with syrup or just plain, too.

GALETTES (19)

1 pound sugar 1 pound butter softened
10 eggs (about 1 pound) 1 pound self raising flour
1 package vanilla sugar

Beat together softened butter and sugar than add eggs mixing thoroughly. Add flour and vanilla sugar. This mixture is sometimes baked as cupcakes, cake or in a waffle iron.

* * *

One lady in Belgium said that waffles will be soft if the sugar is added first, but if you want hard waffles, just add the sugar last.

Some people use only half of the eggs but add a 1/2 cup of milk.

KING'S DAY, JANUARY 6TH

In Belgium a special cake is prepared and baked for the King's Day celebration. Baked into it is a bean, a lump of sugar, a nut or a small porcelain figurine as a symbol of the Christ child. When the cake is cut and eaten, the person who finds the designated object is the King or Queen for the party or gettogether of the evening and is given a crown to wear for the occasion. That person represents one of the Kings and is called Bouname. It is their job to lead the games and festivities at the party.

KING'S DAY CAKE (20)

1 1/8 pound of special paste (a paste full of leaves--has to be bought)
1/2 pounds butter 1 egg
1/2 pound almond paste 1/2 powdered sugar

POPCORN BALLS (22)

1/3 cup molasses	1 tablespoon vinegar
1 teaspoon vanilla	1/4 teaspoon cream of tartar
1 cup sugar	1 tablespoon melted butter
1/3 cup boiling water	a very small pinch of salt

Put molasses, sugar, water and vinegar in a kettle. Then boil, adding cream of tartar. Stir most of the time. Test in water for soft ball. Add butter, soda and vanilla. Pour hot over the popcorn.

* * *

Evenings were also for doing school work as well as fancy needle crafts such as embroidering, crocheting, knitting, tatting, making crepe paper flowers, playing cards or playing checkers.

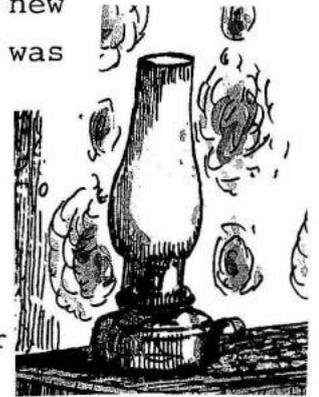
Knitting was important as woolen socks, mittens, scarves and caps were needed to keep warm. Quilt making was also a common craft, although daylight was needed to do a good job.

Belgium is known for its beautiful lace. Bruges is the main center for lace, with schools to teach "Bobbin Lace" as well as "Ribbon Needle Lace." Brussels lace is "Embroidering on Filet Netting." Although these types of lace making are no longer made here, some of the early pioneers even taught some Indian friends how to make the bobbin lace. The Oneida Indian gift shop used to have some of it for sale. But because it is so time consuming to make, it is necessary to charge more than similar but less beautiful lace made by the competitive countries.

Here too, fewer people of a younger generation care to spend time with lace making, crocheting, knitting or tatting.

Neighbors or relatives broke the winter monotony by visiting one another for a quilt stitching bee or spent evenings with grownups playing cards, while children and

young folks played such games as "Button, Button", showing off their handmade crafts or even teaching someone new crafts. Sometimes apples were served or even candy was made.



MOLASSES TAFFY (23)

2 cups dark molasses	2 tablespoons butter
1 cup brown sugar	1 teaspoon baking soda
pinch of salt	1 teaspoon cream of tartar
2 teaspoons cider vinegar	

Butter the sides of a heavy sauce pan. Add molasses, brown sugar and salt. Stir constantly until mixture begins to boil. Stir in vinegar. Continue stirring until mixture registers 360° on a thermometer or makes a hard ball in cold water. Remove pan from heat and add butter. Sprinkle in the soda and cream of tartar. Stir quickly until well mixed. Pour candy on a large buttered platter or pan to cool.

As it cools, pull edges toward the center. When cool enough to handle, butter your hands and pull the candy, stretching it back and forth doubling it over. Continue until it is a glossy golden color. Then pull it into a rope 1/2 inch thick and cut it into bite size pieces. Allow it to harden and wrap in waxed paper.

* * *

Taffy sometimes helped children with loose teeth get them pulled out.

Hard toffee was also common as only butter and sugar were needed.

HARD TOFFEE (24)

1 cup butter	1 1/4 cup sugar
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Melt butter. Stir in sugar until mixture is smooth and cook 15 to 20 minutes until hard ball test in cold water. Pour on a greased pan. Cool. Break into pieces

when hard. Sometimes the cooling was done quickly by placing the pan in cold snow.

* * *

If any homemade wine was left, the adults enjoyed a glass of wine while playing cards.

Before visitors went home a lunch was served. It included coffee, homemade bread, butter, jam or jelly, fruit sauce, cussette and sausage if they had some.

Coffee was the plain boiled coffee. Boiling water was poured in a big coffee pot and coffee beans were ground with a wooden grinder, held on the lap or table, or a glass grinder attached to a wall. It was measured in a glass and added to the boiling water. The longer it boiled the stronger it was.

The farm ladies made about 10 loaves or more of bread each week. The loaves were stored in a 30 gallon crock in the cellar. A white cloth covered the bread and a wooden cover was placed over it. The bread was hard crusted and firm inside. The hard crust kept the bread from spoiling. Bread was buttered and dunked in coffee. Many Belgian Americans still enjoy dunking their bread in coffee laced with milk even today. Bread soaked in coffee with milk was even fed to babies.

One of the favorite spreads for bread included homemade cottage cheese (cussette) or stoffie. Other spreads enjoyed were apple sauce, apple butter, jams, jellies, pumpkin butter or crushed and sweetened fresh fruit in season. Many people enjoyed this for breakfast while others want bread and spreads with every meal.

I remember that a starter was used to make the bread raise, with some of it saved, to which certain ingredients were added then stored in the coolest bottom part of the pantry. I am not sure about how this starter was made, but I do remember a dry yeast in the shape of a hard cracker bought at the local grocery store. The dry yeast was

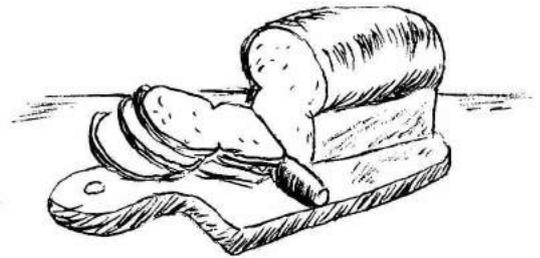


at 350°.

* * *

WHITE BREAD (10 LOAVES) (27)

10 cups of water 1/2 cup sugar
1/4 cup salt 3/4 pound yeast
1 cup lard melted and slightly cool



Put yeast, sugar and 1/2 cup lukewarm water in a bowl to raise.

Sift some flour, about seven sifters, in a large bread making pan. Make a hole in the middle of the flour and place, lard, salt, part of water and yeast mixture into the hole. Mix well with your hand, adding water until all 10 cups are added. Work the dough for at least 1/2 to 3/4 hour or until it starts making bubbles. Set it to raise, covered, in a warm place about one hour. Punch down. Let raise again. Make bread loaves in bread pans and let raise. Bake.

* * *

Some people included an egg or a boiled potato which was mashed. In fact, some used the water that the potatoes have been boiled in.

SWEET DOUGH (28)

When the family was hungry for sweets, dough enough for a good size loaf, after the first hour of raising, was mixed with 3/4 cup of melted butter or lard, 1/2 cup warm cream, 2 eggs, 1/2 cup sugar and a little more yeast and enough flour to form a soft dough. Let stand one hour. This can be used for Belgian pie crust or cinnamon rolls.

* * *

If some of the loaves of bread got too dry to enjoy, it was used to make French toast or bread pudding.

FRENCH TOAST (29)

Dip four slices of stale bread in a mixture of four

beaten eggs, 1 cup of milk and a pinch of salt. Brown both sides in butter on a hot griddle. Serve with syrup, maple syrup or a sprinkling of sugar.

People in Belgium call this Pain Perdu.

* * *

BREAD PUDDING (30)

3 to 4 cups bread crumbs or pieces soaked in 2 cups of milk heated with a hunk of butter

3/4 cup sugar 3 or 4 beaten eggs

pinch of salt

Pour in a buttered cake pan. Bake 40 to 45 minutes at 350°.

Optional; for different flavors, add cinnamon or 1/2 cup raisins, vanilla or brown sugar.

* * *

Sometimes a loaf of unbaked bread was sliced and fried in hot shortening. This was called shivnal, tortia or croute and was served instead of bread slices. Sometimes they sprinkled or dipped the hot slices in sugar.

Many of the people made their own butter too.

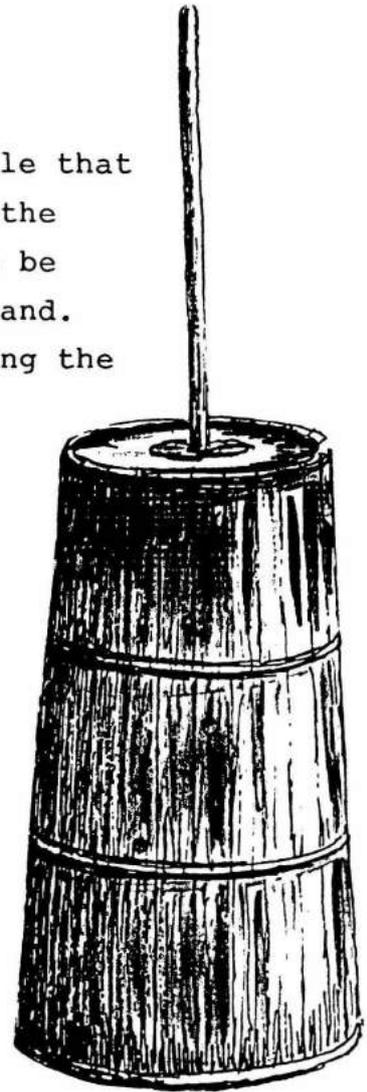
HOMEMADE BUTTER (31)

First, cream was separated from the milk either with a water separator or a centrifugal separator, turned by hand with a handle. The cream was than allowed to stand a day or so at room temperature to sour a bit, as this would produce more butter. The cream was even heated to about 65° before being poured into some kind of a butter churn. The butter had to be taken out of the liquid (buttermilk) and washed in cold water, then add salt and even coloring when preferred. The buttermilk could be used for drinking or as a liquid in various bakery goods.

* * *

One kind of churn was a tall wooden container somewhat

narrower at the top, with a paddle attached to a pole that came up through a hole in the center of a cover at the top of the container. To work it the handle had to be worked up and down. We had a wooden barrel on a stand. It had a handle to turn the barrel and rotated making the cream splash until the butter was formed.



BUTTERMILK DOUGHNUTS (32)

- 2 whole eggs 3 1/4 cups flour
- 1 cup sugar 2 teaspoons baking powder
- 2 tablespoons soft shortening
- 1 teaspoon soda 3/4 cup buttermilk
- 1/4 teaspoon nutmeg 2 teaspoons vanilla
- 1/2 teaspoon cinnamon 3/4 teaspoon salt.

* * *

SOURMILK DOUGHNUTS (33)

- 1 cup sugar 2 level teaspoons butter
- 2 eggs 1 cup sour milk
- 1/2 teaspoon nutmeg pinch of salt
- 3 1/2 cups flour 1 rounded teaspoon baking powder

Roll, cut and deep fry in lard. Add 1 teaspoon of vinegar to 2 or 3 pounds of lard.

* * *

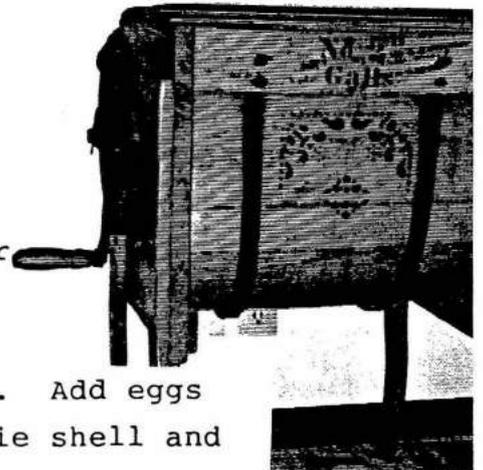
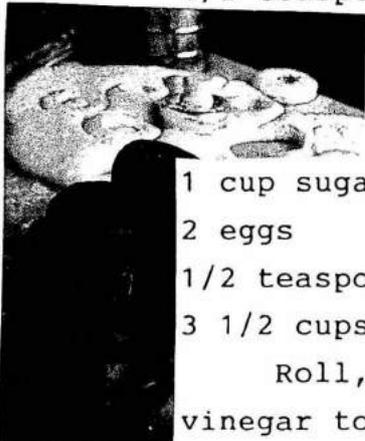
BUTTERMILK PIE FILLING (34)

- 1 1/2 cups sugar 1 cup buttermilk
- 1 teaspoon vanilla 1/2 cup soft butter
- 3 eggs beaten 1/4 cup flour
- 1 pie shell unbaked

Cream together sugar, butter and flour. Add eggs buttermilk and vanilla. Pour into unbaked pie shell and bake one hour at 325° F.

* * *

Early cooks liked buttermilk or sourmilk or cream



in their bakings. They said it enhanced the quality of their dough.

Many old personal handwritten cookbooks had recipes giving ingredients but no directions. Women in those days were used to putting ingredients together for best results, while today everything is available in boxes of ready mixes or already prepared in the various sections of the supermarkets. Here are various cake recipes just as they were written.

Usually butter was creamed with a wooden spoon, then sugar was stirred in followed by beaten eggs. Flour was sifted and added alternately with milk or other liquid, ending with flour. Other ingredients or flavoring were added next, and soda or baking powder were added last stirring only enough to have it blended in, but not too much so the raising quality is not arrested.

* * *

DEVIL'S FOOD CAKE (35)

1 egg	2 squares chocolate
1 tablespoon butter	1 tablespoon cocoa
1 cup buttermilk	1 teaspoon vanilla
1 cup sugar	1 teasponns baking powder
1 teaspoon baking soda	

* * *

BROWN CAKE (36)

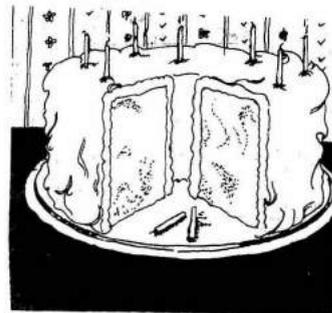
1/2 cup shortening	1 teaspoon soda in molasses
1 1/2 cup sugar	1 1/2 cup buttermilk
3 eggs	2 teaspoons soda in hot water
1/2 cup molasses	1 teaspoon vanilla
1/2 teaspoon salt	2 3/4 cups flour

Bake about 35 minutes.

* * *

DATE CAKE (37)

2 cups brown sugar 1/2 cup butter
1 cup buttermilk 2 cups flour
1 level teaspoon soda mixed in flour
1 package dates, stoned and cut up
1 cup chopped walnuts 1 teaspoon vanilla
 * * *



SPICE CAKE (38)

1 1/2 cups sugar 1/2 cup butter
1 1/4 cups buttermilk 1 teaspoon soda in milk
yolks of 3 eggs, beat whites separately
1/2 teaspoon nutmeg 1 teaspoon cinnamon
1 teaspoon cloves 1 teaspoon allspice
salt flour
 * * *

LARGE YELLOW CAKE (39)

6 eggs separated, whites beaten stiff
1 1/2 cups sugar 1 good piece of butter
pinch of salt 1/2 teaspoon vanilla
2 1/2 cups flour 1/4 teaspoon soda in sourmilk
buttermilk to make dough soft
2 teaspoons baking powder
 * * *

POPPY SEED CAKE (40)

3/4 cup poppy seed soaked overnight in a cup sweet milk
3/4 cup butter 1 1/2 cups sugar
3 egg whites beaten stiff 3 cups flour
2 teaspoons baking powder little vanilla
little salt
 * * *

SUNSHINE CAKE (41)

1 cup flour 7 eggs

1 1/4 cup sugar 1 teaspoon vanilla
pinch of salt 1/3 teaspoon cream of tartar

Sift, measure and set aside flour and sugar. Add salt to the whites of eggs and whip to a foam, then add cream of tartar and beat thoroughly, add beaten yolks, vanilla and flour.

* * *

WHITE CAKE (42)

1 1/2 cups sugar 2 cups milk
1/2 teaspoon salt 1 teaspoon vanilla
2 tablespoons butter 3 cups flour
3 eggs 3 teaspoon baking powder

* * *

GRAHAM CRACKER CAKE (43)

4 tablespoons butter 1 teaspoon vanilla
2 dozen graham crackers crushed
2 teaspoons baking powder 3/4 cup sugar
1/2 cup flour 1 egg
1 cup milk pinch of salt

* * *

SOFT FROSTING (44)

1 cup brown sugar 2 tablespoons water

Boil for 3 minutes or till it starts to thread. Beat the white of an egg then stir in the syrup slowly.

* * *

BROWN SUGAR FROSTING (45)

2 tablespoons butter 1/3 cup milk
1 cup brown sugar packed 1 teaspoon vanilla
pinch of salt 1 1/2 cup powdered sugar

Melt butter in sauce pan over medium heat. Add brown sugar and salt and stir until dissolved. Add milk and cook 3 minutes. Stirring constantly. Remove from heat to cool than pour into a bowl, add vanilla and powdered

sugar. Mix.

* * *

SEVEN MINUTE FROSTING (46)

1 egg white 12 marshmallows
7/8 cup sugar 1 teaspoon vanilla
3 tablespoons water

Put egg white, sugar and water in double boiler with boiling water underneath. Beat on stove till it threads (about 7 minutes). Remove from stove, add marshmallows and vanilla. Beat good and spread.

* * *

SOFT FLUFFY FROSTING (47)

Cook 2 1/2 tablespoons of flour and 1/2 cup milk until thick, and cool. Cream 1/2 butter, 1/2 cup sugar and 1/2 teaspoon vanilla and a pinch of salt. Combine the two mixtures and beat.

* * *

COCOA FROSTING (48)

powdered sugar 2 tablespoons cocoa
piece of butter boiling water or coffee

* * *

CHOCOLATE FROSTING (49)

3 1/2 squares unsweetened chocolate
5 tablespoons milk 1 teaspoon vanilla
yolks of 2 eggs 2 cups powdered sugar

Melt chocolate over hot water. Add 1/2 sugar and milk, stir well, add remaining sugar, milk and egg yolks. Cook in double boiler. When done add vanilla.

* * *

DATE FROSTING (50)

1 cup chopped date 3/4 cup sugar

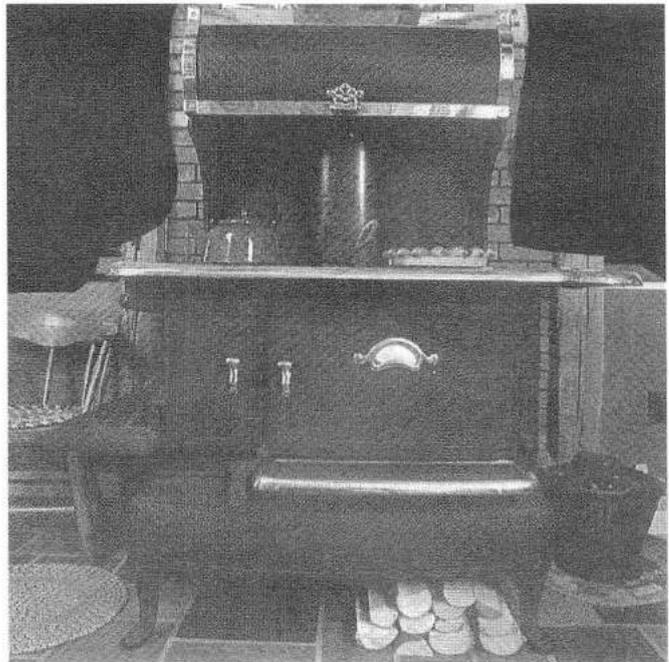
1/2 cup water

Boil until thick. Add 1/2 cup powdered sugar. Mix then spread on cake.

* * *



Some examples of early cook stoves.



Cakes were only prepared on Saturday to have dessert for Sunday visitors or for special holidays or birthdays.

During the winter time, early Belgian American's common meats included salt pork (stored in 30 gallon crocks in their cellar), home smoked hams (hanging from the rafters of their cold attics) an occasional chicken (that no longer laid eggs) was stewed or made into chicken booyah. The beef they had was the home canned variety, either meatballs or beef chunks (stew). Their canned, smoked or salted meats had very likely been preserved in fall for the winter months. An occasional delicacy of rabbit or squirrel was served if the boys did some hunting.

CHICKEN BOOYAH (51)

Clean, wash and cut chicken into pieces. Boil in 3 to 4 quarts of water with a little salt and pepper, until the meat is tender and easy to remove from the bones, 2 to 4 hours. Add water if needed. Some people added 3 or 4 whole carrots, 2 or 3 cloves, bayleaf, thyme, a couple of ribs of celery and a big onion, cut up. Salt to taste.

When the meat is tender remove meat, carrots and celery and add noodles. It is still done much the same way in Belgium today. I like to skin and bone the chicken pieces after cooking, cube the meat, add it back to the liquid as well as 3 cups of sliced carrots, 1 1/2 cups sliced celery ribs, 1 large onion cut fine and 1 1/2 cups cut up leek. Cook until vegetables are tender. Add noodles and salt to taste, cook until noodles are done. I even like to add a couple spoonfuls of chicken base powder or bouillion cubes.

* * *

CREAMED CHICKEN (52)

Boiled chicken was placed in a hot skillet with butter. Fresh cream was added and a little salt and pepper, as well as enough flour to thicken the cream gravy.

* * *



STEWED CHICKEN (53)

3 or 4 pound hen 1 or 2 big onions cut up
hunk of butter salt and pepper

Clean and cut up chicken, place in a heavy kettle, add just enough boiling water to cover. Simmer gently until tender 2 to 3 hours. Add water if necessary. Serve the chicken pieces on a platter. Thicken the juice with flour for gravy or use it to make chicken booyah.

The chicken can be served in a bowl covered with a cream gravy; 1/3 cup water it was cooked in, than add 4 cups of cream thickened with flour, a hunk of butter and pour over the chicken.

* * *

PREPARING WILD GAME TO COOK (54)

When cooking wild game such as rabbit, squirrel or other small wild game, clean, wash and cut into pieces. Soak overnight in water with about a tablespoon of salt and even a tablespoon of vinegar. Next day drain and wash meat pieces than boil in fresh water for 5 to 10 minutes. Drain, wash pieces again. This helps to get rid of the wild taste. Now you are ready to prepare the meat.

* * *

RABBIT OR SQUIRREL (55)

Can be cooked in a covered kettle on top of the stove or in a roaster in the oven.

Butter the dish, use about 1/4 to 1/2 pound butter, put in meat pieces. Sprinkle with salt, pepper, ground thyme, a couple bayleaves, a large onion cut up. In roaster only, add about 1 cup of water. In a kettle on the stove add water enough so the meat is half out of the water, but add water as needed to keep from burning.

Rabbits are also considered a delicacy in Belgium.

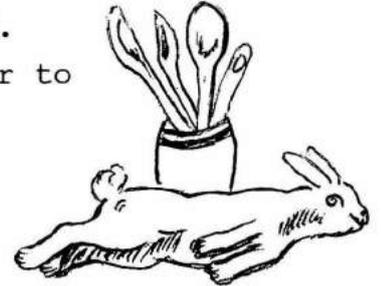
* * *

RABBIT (56)

Usually the pieces are dipped in flour and fried in lard until just beginning to be tender. Next water is added to cover the meat (or half water and half beer.) Add seasoning; salt, pepper, thyme, onion, bayleaf, even a couple of cut up carrots, a tablespoon of vinegar, a shake of "Herb of Provance", and a cup of prunes or raisins (that have been soaked in lukewarm water for at least 2 hours.) Sometimes a bouillion cube is also added.

Cook slowly for about 1 1/2 hours. Add flour to thicken sauce.

* * *



STUFFED RABBIT (57)

Prepare rabbit for cooking as usual. Grind 2 rabbit livers, add ground pork and veal, rosemary, pepper, salt, thyme, 1 garlic clove, cut fine, 1 cooked onion (in butter but not browned). Mix and fill rabbit, sew it up.

Put in roaster, brown in lard. Pour dry cognac over the rabbit and flame. Add 1 or 2 quarts dry white wine, sliced carrots, shallots and bake 2 1/2 hours at medium heat. Test with fork for desired doneness.

* * *

GROUND HOG (58)

(or other wild meat)

Soak in water with a little salt and a little vinegar overnight. Drain and boil in water with 1 tablespoon vinegar. Use a stainless kettle. Drain, wash meat and kettle. Start over. Salt each piece of meat and place in the kettle with water (not quite enough to cover), lots of butter (about 1/2 pound), and onion chopped up, some chives, nutmeg, thyme and a bayleaf. Cook until done, add water as needed to keep from burning.

* * *

SALT PORK (59)

Salt pork pieces have to be soaked overnight in clear water to soak out the salt. They are then sliced thin, and fried crisp. This is especially good served with boiled potatoes and wilted lettuce.

* * *

CANNED BEEF (60)

Canned beef can be emptied in a dutch oven in which a large onion, diced has been sauteed in a tablespoon of butter. Simmer for an hour. Thicken sauce with flour, add water if necessary.

* * *

Nutmeg was a favorite seasoning added to most meats while cooking. Bayleaves are also used in Belgium.

CANNED BEEF (61)

Pack large bite size pieces of beef in a glass jar. Add a small half teaspoon of salt when the jar is half full and continue to fill jar with beef pieces. Add another small half teaspoon of salt on top and piece of tallow about as large as 2 or 3 pieces of the beef. Seal tight. Place jars in a canner or boiler of water to steam bath and boil slowly for 3 hours. Do not remove the cans from the water until the whole thing cools.

* * *

CANNED MEATBALLS (62)

Freshly ground pork or beef or a mixed amount of pork and beef mixed with salt and pepper to taste, and made into balls about the size of an egg. Place in a large cake pan and brown in the oven. Pack hot in glass jars and add a little gravy. Seal tight with cover. Boil 3 hours in hot water as for canned beef.

* * *

During the winter beef chunks of about 5 pounds in size were packed in the snow and kept in a place where it was freezing.

Winter vegetables included those stored in the cellar at fall picking time or home canned.

Potatoes were often boiled or baked for the noon meal. Left-over potatoes were fried in pork drippings (sometimes with chopped onions) for supper or even for breakfast.

RAW FRIES (FRITES) (63)

Occasionally raw fries were enjoyed. They were peeled, sliced thin and fried brown and crispy in pork drippings and sometimes chopped onions were added, plus salt, nutmeg, and pepper. Some call these frites.

* * *

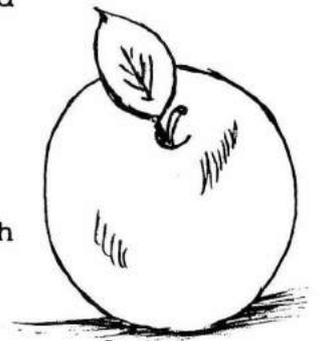
In Belgium frites are French Fries. They are deep fried in tallow. Some people tell us horse fat is best. However the secret of their distinctive favor comes from the method of cooking. They are moved from the frying pan just before the end of the cooking time and tossed into a different fat. French Fries are very common with meals or eaten like Americans eat popcorn. They should have been called Belgian Fries.

Fruits were mostly the home canned except for apples. An apple peddler stopped in at the churchyard after a Sunday mass. Parishioners flocked around his truck to buy a supply of fresh apples.

Apples that were not eaten were either baked, fried or made into apple sauce or pies.

BAKED APPLES (64)

Wash and core the apples. Arrange in a baking dish that has a little water in it. Fill core openings with



brown sugar (raisins optional) and a hunk of butter on the top. Bake until done. In Belgium I've eaten baked apples with date pieces instead of raisins.

* * *

MAPLE APPLE RINGLETS (65)

Core, slice thick across. Place in a baking dish. sprinkle with salt and dot with pieces of butter. Pour maple syrup over top, bake in oven until done.

* * *

FRIED APPLES (66)

Core and slice thick the apples. Place single layer at a time in a large fry pan, in melted butter. Simmer until apples are soft. Turn with pancake turner to brown on both sides. Cover with sugar. If white sugar is used, only cook until done. If brown sugar is used continue to cook slowly to carmelize.

* * *

APPLE SAUCE (67)

If only a small amount of apple sauce is being made to use hot with a meal, wash, core, and slice thinly up and down the unpeeled apples. Cook slowly in an open pan until done. Add sugar to taste.

Optional; use cinnamon on peeled apples.

When making apple sauce to can; core and peel apples, cook in open kettle until done than pour in glass quart jars. Put a tight cover on jar and boil 20 to 30 minutes in a canner of water.

* * *

APPLE BUTTER (68)

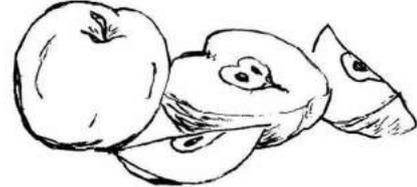
Using the apple pulp left when preparing the juice for jelly. Add sugar, ground cinnamon, and ground cloves to taste, cooking until flavors blend.

* * *

APPLE JELLY (69)

Four cups juice and 3 cups sugar boiled rapidly to 8°F. above the boiling point of water or until the jelly makes sheets from the spoon. Skim and pour in jars, cover with melted parrafin.

* * *



CRAB APPLES (70)

Crab apples were sometimes packed in jars covered with a hot syrup of one cup sugar and 2 cups water, then placed in a boiling water bath for 25 minutes.

Optional; cinnamon stick or other spices, even red food coloring.

* * *

Sometime in late February or early March, begins the Lenten season. During that time less meat was served, with no meat on Wednesdays or Fridays, and mostly just at one meal on the other days. Besides serving as a penance it also stretched the meat supply until spring when the weather was more desirable for butchering.

Because most farmers had chickens, eggs were used to trade for supplies at the local grocery store, as well as instead of meat at meal times. Eggs were either boiled, fried, scrambled, poached or even pickled.

A supply of fresh milk was brought into the kitchen each morning for the family use. It was boiled to make it safe for drinking or other use.

Breakfast consisted of fried or scrambled eggs, or pancakes, French Toast or toast browned right on the top of the old cook stove. Oatmeal was also a breakfast favorite and fried left-over potatoes from the previous day, sometimes added to a hearty breakfast. We call these American fries today.

SCRAMBLED EGGS (71)

Heat a tablespoon or so of butter in a skillet. Break eggs into the hot butter. Stir as they cook. Do not overcook. Salt and pepper to taste.

* * *

OMELETTE (72)

Heat a tablespoon or so of butter, beat eggs with one tablespoon of whole milk per egg, pour into hot skillet. Cook slowly lifting the cooking portions so uncooked mixture can flow underneath to cook.

* * *

BOILED EGGS (73)

Put eggs in a saucepan of cold water, cover and after the water boils, cook for 10 minutes, drain and cover eggs with cold water.

* * *

PICKLED EGGS (74)

Put 8 to 12 boiled eggs in a glass jar. Add sliced onions. Cover with pickled beet juice or bring to a boil 1 1/2 cups vinegar, 1/2 cup water, 1 1/2 tablespoons sugar, 1/2 tablespoon salt and pour this juice over the boiled eggs and let stand for 1 or 2 days before serving.

* * *

STOFFIE (75)

If there was left over milk from the previous day it was placed in a sauce pan on the back of the cook stove or on the warming ovens, and allowed to sour, to yogurt consistency. At that point it was used to spread on bread slices, with some people sprinkling it with sugar and some using salt and pepper. This is what is called stoffie. Fresh milk with no preservatives must be used for best results.

* * *

We found this custom of making stoffie still done in Belgium although people buy this sour milk or stoffie from local farmers. At one restaurant we were served "un tartin de stoffie avou de rudi" (a slice of bread with stoffie and radish slices on top of it). In another restaurant we served "polen de pouie" (a large slice of dark bread covered with butter and apple-pear jelly, that had been made the old fashioned way with just sugar, no pectin, and boiled to achieve the desired consistency, on top of which were rosettes of stoffie). Before eating we were supposed to use our knife to spread and slightly mix the stoffie into the jelly. It really tasted much better than it sounds.

APPLE AND PEAR JELLY (76)

Wash the fruit and remove the stems and blossom tips. Cut out any blemishes. Do not peel or core. Using half and half apples and pears, cut the fruit into pieces and place in a kettle. Add cold water to cover and cook until very soft. Pour into a cheesecloth bag and let drip. You will have more juice if you squeeze the bag, but it will make a cloudy jelly.

Measure juice and add 3/4 cup honey or 1 scant cup sugar for every cup of juice. Boil until a good jelly test, 220°F. on a thermometer or if the jelly sheets from a spoon onto a cold plate, is quickly chilled, then a track is left when you draw a spoon through it.

Pour in hot sterilized glasses and seal with paraffin.

* * *

CUSSETTE (77)

Besides using the stoffie as a bread spread, I can remember heating the stoffie slowly on the back of the cook stove a while longer so a white cheese was formed leaving the liquid part of the milk as whey. At this point

the whey was drained and squeezed out, salt, pepper and a hunk of butter was blended by hand into the white cheese. If it was too dry, a little cream was added to it. The cheese was then formed into balls (baseball size) and allowed to remain at room temperature to age. This was than called cussette. It too, was used as a spread on bread. The smell had a lot to be desired but the taste was pleasant and made up for the smell.

* * *

When Belgian pies were being made the stoffie was allowed to turn to cheese and used in a topping for the prune and apple pies.

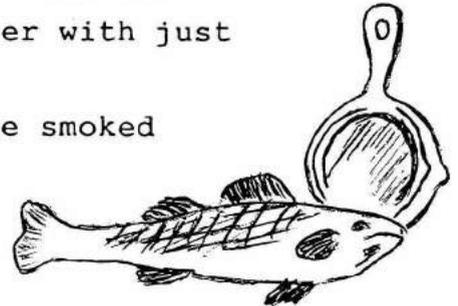
The men went ice fishing to supplement the Lenten diet with fried or home-smoked fish.

FRIED FISH (78)

Perch were usually fried in butter and so were the perch eggs. Rolled in flour and fried in butter with just salt and pepper for seasoning.

Herring were sometimes fried but many were smoked as they could be kept longer.

* * *



SMOKED FISH (79)

To prepare fish for smoking, they were cleaned, washed, and soaked overnight in salt water that could float an egg. Most farmers had a small smokehouse in which the prepared fish was hung from nails in the rafters and a fire of fruit wood was made on the ground. The smokehouse was also used to smoke sidepork and hams.

* * *

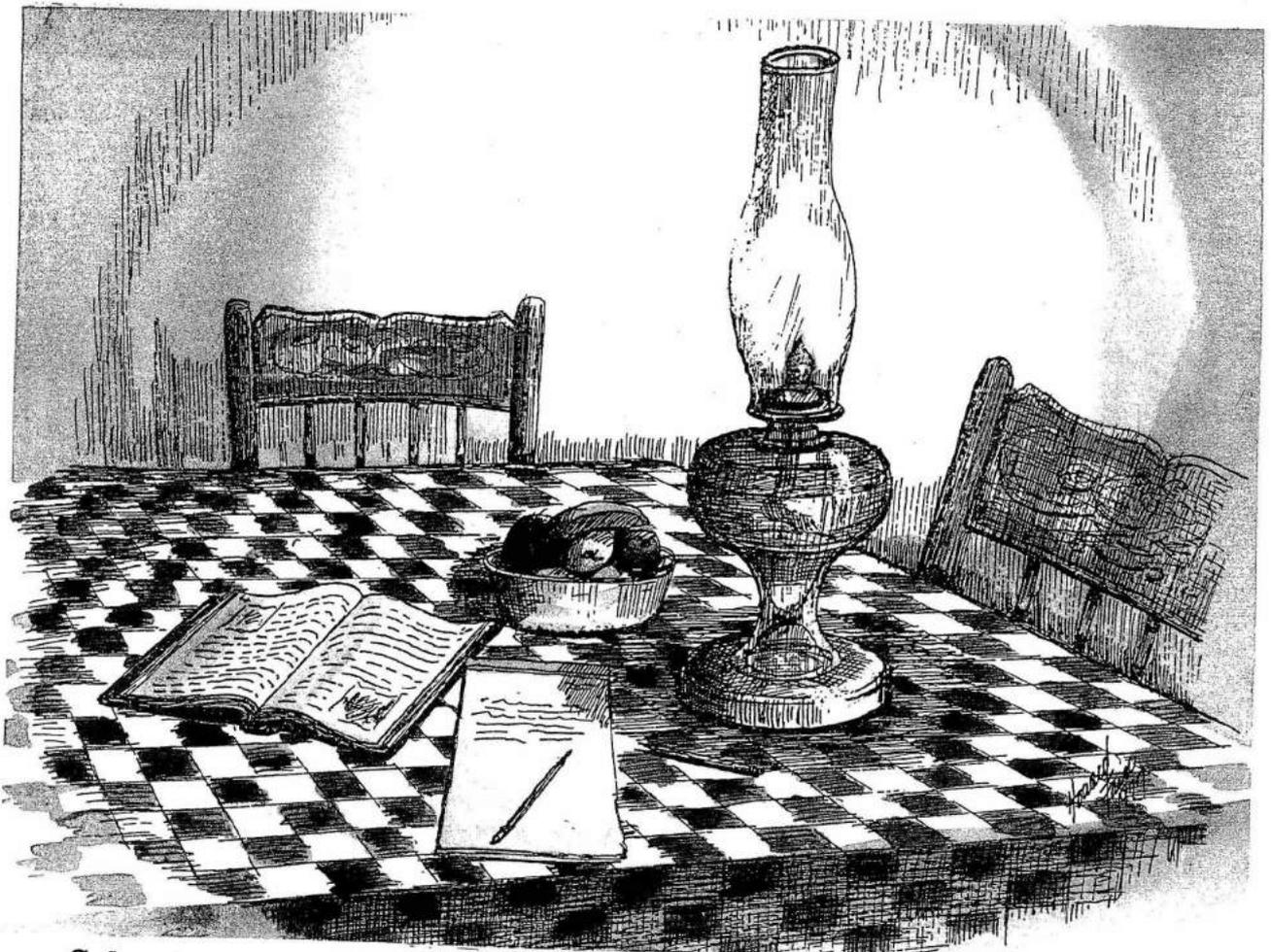
Here are some old sayings from Belgium that helped predict the weather.



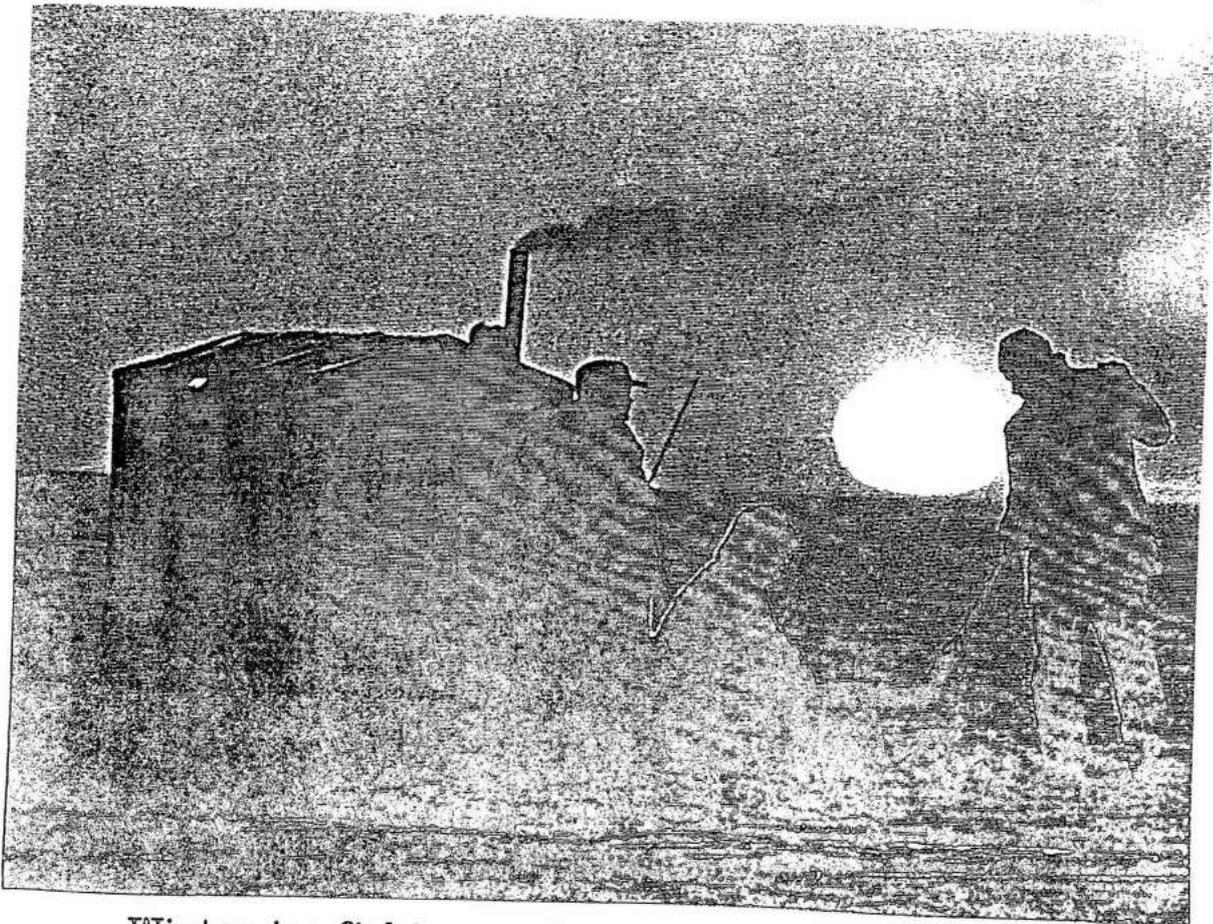
Louis Draize taking
friends for a ride
in his newly acquired
Maxwell.



Lampereur members
in their Sunday best
clothes.



School work was done by the light of a kerosene lamp.



Winter ice fishing on the frozen bay of Green Bay.

1. Wet April means a dry summer.
2. Rainy April makes a Happy May.
3. The kind of weather at Easter is all year round remembered.
4. If there is a cold north wind at Easter it will be cold until Pentecost. This goes along with an old saying that I remember; beige (cold north wind) at paques (Easter), beige at Pentecost, beige all year.
5. A thunderstorm in spring makes plants grow.

F E B R U A R Y

February 2nd is Saint Blase Day. The day for blessing throats at the church. It's called "Candle Day" in Belgium. We watch to see if the ground hog sees his shadow on that morning for that means six more weeks of winter. In Belgium they claim that if the sun shines on the church steeple during Candle Day mass, this also predicts six more weeks of winter. Another saying is if the weather is warm enough on Candlemass Day to eat pancakes outside, it will be cold and they will eat their Easter eggs by the fireside at Easter. This could be compared to March coming in like a lamb and going out like a lion. The Tuesday before Ash Wednesday (Shrove Tuesday) in Belgium, the cook or housekeeper and at school the teachers are locked out of the building until they promise to cook pancakes (crepes).

CREPES OF EGGS (80)

2 cups milk	2 ounces butter
1 package vanilla sugar	pinch of salt
4 eggs	5 1/2 ounces of flour

Put flour and salt in bowl. Melt butter in milk. Add 1/2 of the mixture to the flour. Mix in egg yolks, sugar, vanilla and rest of milk a little at a time. Beat egg whites hard, fold into dough. If you wish, add one ounce of Grand Mariner. Cook in oil not butter. Pile on plate and sprinkle each with sugar. Keep piling, when

done, you can roll with ice cream inside. Arrange on a platter, heat glass of liquor pour over crepes, flame to serve.

* * *

RAISED CREPES (81)

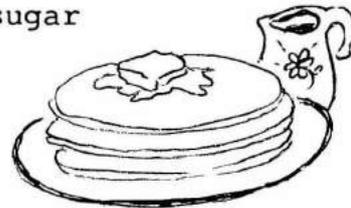
3 cups milk 4 eggs
18 ounces flour 1 ounce yeast
pinch of salt

In a large bowl put flour and salt. Make a hole in center, put in yeast and warm milk, mix with flour. Beat eggs, add dough. Let raise one hour, where it is warm. Spread in 8 inch frying pan and cook. Makes 17 to 18 crepes.

* * *

MADY'S CREPES (82)

1 pound flour 2 soup spoons sugar
1 ounce fresh bakers yeast
3 1/2 ounces melted butter
8 eggs 1 liter milk
pinch of salt



Put salt and sugar in the flour and mix. Make a hole in the flour and put in the milk. Mix with a wooden spoon. Add egg yolks and continue mixing. Add melted butter and continue to mix. In the meantime the yeast is placed in a dish with 2 or 3 spoonfuls of lukewarm milk and add to the dough after the butter has been mixed in. Fold in the beaten egg whites. Let raise one hour then begin cooking. Makes about 40 crepes.

* * *

Their pancakes or crepes are thin, while our pancakes are thick and absorb syrup. They serve crepes sprinkled with white or brown sugar or with apple sauce.

My favorite pancake recipe is;

FLUFFY PANCAKES (83)

3 eggs separated	1 teaspoon baking powder
1 2/3 cups buttermilk	1 teaspoon soda
1 1/2 cups flour	1/2 teaspoon salt
1 tablespoon sugar	3 tablespoons soft butter



Beat egg yolks. Beat in the buttermilk and sifted dry ingredients. Beat in butter. Fold in beaten egg whites and cook, do not stack, serve with sugar or syrup. Maple syrup is an American product not available in Belgium.

* * *

Although crepes were not common in our neighborhood, I did learn to prepare them with the following recipe.

CREPES (84)

1 1/4 cups flour	3 eggs beaten
pinch of salt	1 1/2 cups milk
2 tablespoons melted butter	

Mix all ingredients with wire whip. Let stand one hour. For dessert crepes add 2 tablespoons sugar and 1/2 teaspoon lemon, rum or brandy extract.

* * *

By this time of year, fruit supplies were beginning to dwindle in early America. When eggs and milk were available a favorite dessert was custard pie. It is still enjoyed today at anytime of the year.

BAKED CUSTARD PIE FILLING (85)

2 cups milk	3/4 cup sugar
3 big or 5 small eggs	little vanilla
a little cinnamon and or nutmeg	

Beat hard and bake in an unbaked plain (not raised) pie crust. Cool and serve plain.

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MERINGUE (89)

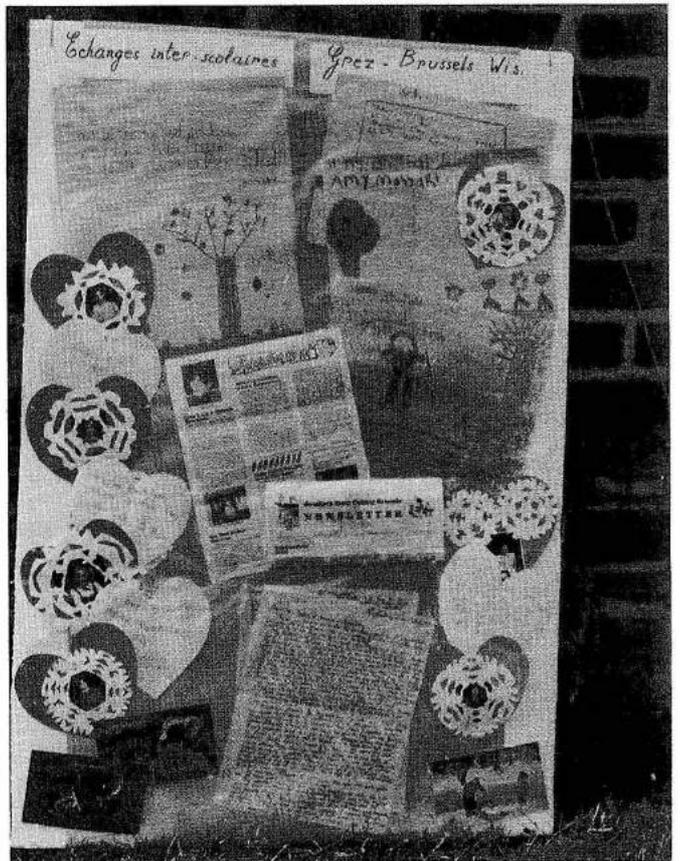
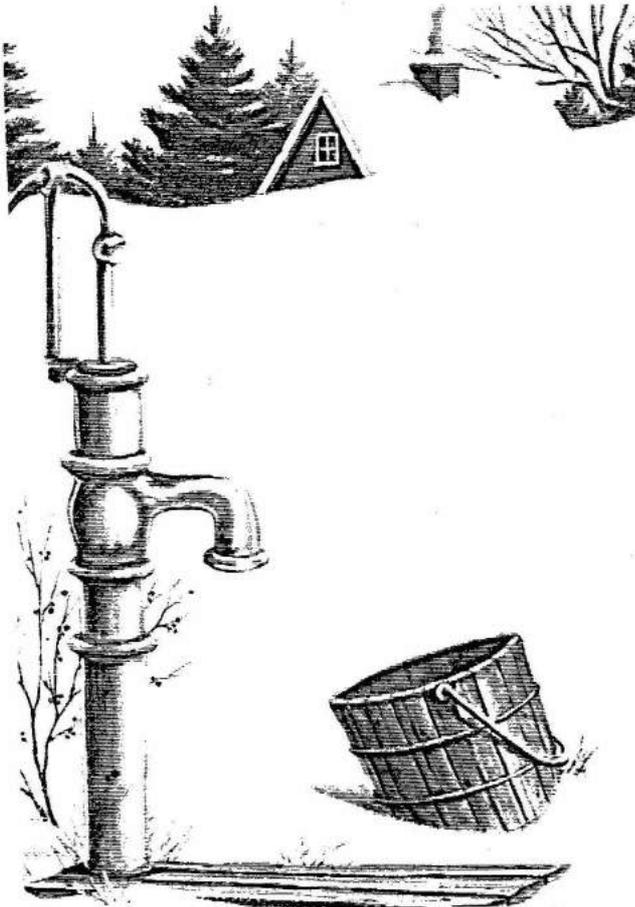
1/4 cup sugar
pinch of salt
2 eggs whites (beat until foamy)

1 teaspoon vanilla
couple drops of vinegar

Mix all ingredients and beat until stiff. Pies with pudding filling should be covered with the meringue and browned under the broiler.

* * *

Valentine's Day in Belgium is only for sweethearts. Here in America children at school also exchange and enjoy Valentine Day cards.

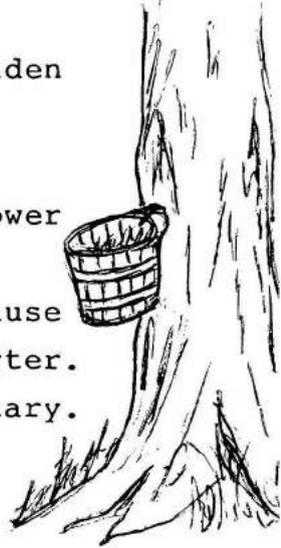


S P R I N G



Early spring when nights bring freezing temperatures and days give us warm sunny melting temperatures is the time for tapping maple trees, to collect maple sap. The problem is that it takes 30 gallons of sap to produce one gallon of maple syrup. The sap has to be boiled to evaporate the water out of it, leaving the delicious golden syrup or when boiled more, candy is formed. This was a process learned from the neighboring Indian culture.

In Belgium very early in spring, vegetables and flower seeds are started in small family greenhouses and later transplanted in regular gardens. I said very early because their winter season is usually more mild as well as shorter. In fact the first spring flowers start as early as February.



L E N T

In Belgium Lent also means Carnival time. Every community has its Carnival on a different day in Lent, although the first Carnival is on the Sunday before Ash Wednesday. The most important Carnival is held on the Tuesday before Ash Wednesday at Binche. Carnivals do continue throughout Lent with the last two on Easter Sunday and Monday. The purpose of the Carnival is not only to celebrate Lent but also to celebrate the end of winter. A man is made of wood to represent old man winter, he is placed on a pile of wood and burned. Everyone attending the festivities dance around the big fire as a farewell to winter and a welcome to spring.

Palm Sunday is the Sunday before Easter. Palm leaves are blessed and each family takes some of these palm leaves home. They are placed above the cross or holy pictures or even in various buildings. The same practice is done in Belgium but instead of palm leaves, twigs of boxwood leaves are used.

During lent another custom besides limiting their

intake of meat and fasting, was giving up sweets and candies which was a way of performing a personal penance. So after mass on Easter Saturday or Sunday the arrival of the Easter Bunny or Cloque, with the treats of eggs and different kinds of candy were enjoyed by the children and the grown-ups as well.

Children expect the Easter Bunny to bring treats in their Easter basket. Even an egg hunt of pretty colored boiled eggs, around the yard or in the house when there is inclement weather. This takes place on Easter Saturday or Sunday.

As a child, I was told to listen for the bell "cloque" on Easter Saturday morning. The sound was a sign that the "cloque" was going back to Rome. We were told that this was the signal that the "cloque" not the Easter Bunny had passed and left colored eggs and candy treats of chocolate bunnies and eggs, jelly beans, candy cremes, and egg cream mixes. We immediately started to hunt. In school we were told that it was the Easter Bunny that brought the treats. This was very confusing, after all. how could a bunny lay eggs. In Belgium, the "cloque" is a big hen with a blue apron.

In Belgium, the day before Easter children prepare a nest in the garden, if there is good weather. Otherwise the nest is prepared somewhere in the house. The "cloque" on Easter, leaves colored eggs and chocolate eggs, bells and rabbits in the prepared nest.

Some people use colors as we do to color their eggs but some still use chicory to make the eggs very brown. Today egg coloring kits are available in many stores. But years ago eggs were colored by boiling them covered with water with about 1/2 cup of vinegar and something that would add color, such as onion skins, red cabbage leaves, beet juice, coffee or colored paper.

The week before Easter Sunday is also a very religious time. It is a time many basic items also are blessed,

such as the oils used in Baptism, Confirmation, the Sacrement of the Sick or Dying and Holy Orders for becoming a priest.

Holy Thursday is the blessing of the Water. It is a day for washing.

Friday (Good Friday) we celebrate the Lord's Passion. It is a day to cut hair, bake and plant at least part of the garden.

Saturday is the Easter vigil, the blessing of Fire, lighting of the Easter candle, renewal of Baptisms and the liturgy of the Eucharist.

Easter Sunday is a happy time to celebrate the Risen Christ. It is a day when families get together to share the Easter meal. Ham is a favorite main dish for this shared meal in the United States. Early settlers probably did their spring butchering and had plenty of fresh meat (pork) for their Easter meal. Some people served lamb.

EASTER NEST CAKE (90)

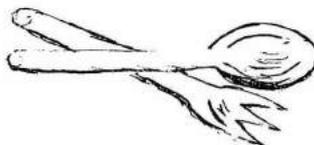
A favorite Easter dessert in Belgium is the Easter Nest Cake. The same recipe as for the Christmas log cake is used. Butter cream frosting covers the cake with or without green coloring, to form a nest on the top to fill with candy eggs and chicks.

Around or soon after Easter you will find dandelions (chicoraie or pish-e-ly) beginning to grow around flower beds and gardens. Young tender dandelions not yet in bloom are palatable.

DANDELION SALAD (91)

Wash and clean dandelion leaves. Cut them up into a bowl as you would lettuce. Cut up a couple of hard-boiled eggs over the leaves, before adding the dressing.

* * *



SAUCE FOR DANDELIONS (92)

Cut up sidepork or bacon into small pieces. Fry these pieces crisp. Drain off most of the melted fat, add chopped up onions, cook until translucent add 1/2 cup vinegar, a scant third of a cup of sugar, and if it is too sour, add a little water. Bring to a boil, cool to lukewarm before pouring over the leaves.

If you prefer raw onions, the chopped onions can be added to the leaves instead of the dressing.

Dandelion salad is very good with boiled potatoes and fried sidepork.

* * *

SAUCE FOR FRESH RAW DANDELIONS (93)

Clean, wash and cut up the dandelions. Fry a good handful of salt pork (small pieces). When about half cooked, add chopped onions (enough to please). Beat 2 eggs hard with a fork. When foamy and well mixed add a scant cup of vinegar and a little more than 1/2 cup of water, so there is a little more water than vinegar, to the beaten eggs, very slowly add the vinegar water by drips while continuing to beat. If there is too much fat in the meat onion mixture, you can take a couple of tablespoonfuls out. Replace meat onion mixture on the stove and slowly add the egg vinegar mixture, while stirring constantly, stirring 5 minutes or more until sauce has thickened and is creamy in appearance.

* * *

HOT DANDELION POTATO SALAD (94)

Boil peeled potatoes in lightly salted water until cooked. Drain. Wash and clean dandelion leaves. Cut them up on the hot potatoes. Cover with hot dressing.

Dressing; Fry small cut up sidepork or bacon pices and cut up onions. When meat pieces are crisp, drain most of the hot fat liquid off. Add one cup vinegar, 3/4 cup sugar and 1/2 cup water. Bring to a boil and thicken with



flour. Rinse the pan with a half cup or so of hot water and pour over the potato mixture too.

* * *

In late spring when the dandelions are in bloom the yellow flowers can be picked and used for wine.

DANDELION WINE (95)

1 gallon dandelion blossoms (no stems)
1 gallon boiling water 3 pounds sugar
3 lemons cut into small pieces
1 ounce yeast

Pick flowers early in the morning taking care to remove every particle of bitter stems and greens. Pour boiling water over the flowers to cover. Let stand three days. Strain and add the rest of the ingredients. Let stand three weeks to ferment. Strain and bottle. Use a five gallon crock for fermentation, as the process makes it bubble and rise.

* * *

Dandelion wine was used for toothaches, by holding in their mouth it would stop the pain.

About this same time of year or earlier the winter onions are beginning to grow and become ready to use as green onions with meals. After a long winter season with a diet of canned or cellar stored fruits and vegetables, spring greens are very tasty as well as good for everyone's health. Winter celery is beginning to grow and can be added to soup, stews and hot potato salads.

Asparagus and rhubarb are probably the next plants ready to pick. In Belgium the white asparagus grows underground and are preferred to the green. They are very tasty.

ASPARAGUS (96)

Asparagus should be washed, scales scrapped off and

woody base broken off. Now they can be cut up and boiled in lightly salted water for 8 to 10 minutes. They can be served with a vinegar sauce, cheese sauce or melted butter with sauteed onions.

* * *

Rhubarb can be made into wine, spread or jam, for bread or even cakes.

RHUBARB WINE (97)

Add one quart boiling water to each quart of cut up rhubarb. Let stand until it ferments then strain. To each gallon of juice add 3 1/2 pounds of sugar. Skim off every day until it stops working. Then bottle.

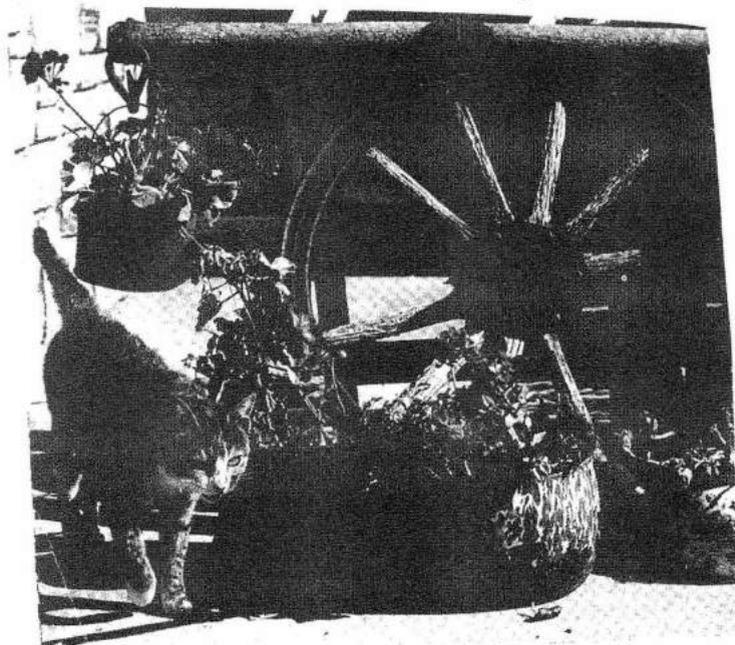
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RHUBARB CAKE (98)

2 cups sugar	3 eggs beaten
3 cups rhubarb cut up	2 tablespoons water
2 tablespoons butter	1 cup flour
pinch of salt	1 teaspoon baking powder

Mix. Pour into a buttered pan and top with brown sugar and chopped nuts.

* * *



RHUBARB SPREAD (99)

4 cups rhubarb stems cut into 1 inch pieces
4 tablespoons sugar 3 tablespoons honey
1/4 cup water 1 tablespoon cornstarch

Stir water, sugar and cornstarch in a saucepan. Add rhubarb and honey. Bring to a boil stirring constantly. reduce heat and simmer 5 to 10 minutes or until rhubarb is tender and mixture is thickened. Cooked prunes can be added to the mixture for a mixed fruit flavor.

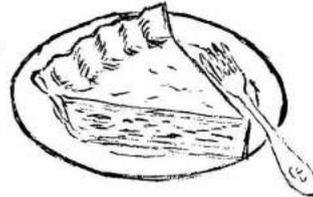
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STRAWBERRY-RHUBARB JAM (100)

2 pints fresh ripe strawberries, hulled and quartered
2 packed cups of 1/2 inch rhubarb pieces
3/4 cup sugar 1 package powdered fruit pectin

In a 3 quart saucepan, cook strawberries and rhubarb over low heat, stirring often until juices flow freely. Raise heat stirring constantly. Boil 5 minutes than strain. Add sugar and pectin to the pulp, stirring constantly and bring to a boil. Boil one minute. Spoon into sterilized hot jars and seal with paraffin.

* * *



My favorite rhubarb pie is:

RHUBARB PIE (101)

2 cups rhubarb 1/2 inch pieces
3/4 cup sugar 2 tablespoons flour
2 eggs cinnamon (couple of shakes)
pinch of salt

Mix all together. Pour into an unbaked pie shell. Top with the mixture of; 1/2 cup flour, 1/2 cup brown sugar, 3 tablespoons soft butter mixed until crumbly.

Optional; 1/2 cup chopped nuts.

* * *

BELGIUM RHUBARB PIE (102)

Heat 1/2 liter of milk with 15 sugar cubes to dissolve the sugar. Use 3/4 cup of the milk to mix in the 3 egg yolks and 2 tablespoons cornstarch. Add this to the milk being heated and add 1 packet sugar vanilla

Put raw pieces on unbaked raised dough crust. Pour the thickened milk mixture over the rhubarb. Bake at 250°.

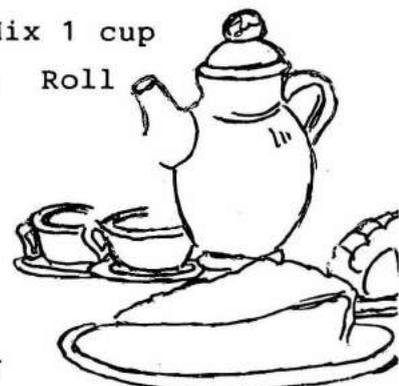
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The unbaked pie crust is called croute au lard. Here are three different ways of making these.

PIE CRUST (103)

Mix into a paste 1/4 cup flour and 1/4 cup water and set aside. One quarter cup water set aside. Mix 1 cup flour and 1/2 cup shortening. Add to the paste. Roll to fit pan.

* * *



PIE CRUST (104)

2 1/4 cups flour 3/4 teaspoon salt
3/4 cup shortening 5 tablespoons ice water

Cut shortening (lard or pork drippings) into the flour and salt with 2 knives until the mixture is in pieces the size of peas. Add only enough water to make the particles stick together when gently pressed. Form into a ball. Chill 1/2 hour then roll to form pie crust.

* * *

DOUBLE PIE CRUST (105)

Beat in a cup one egg and one tablespoon vinegar. Add enough water to make 1 cup. Cut 1 1/2 cup shortening into 3 cups of flour and 1 teaspoon salt until granular. Add the cup of liquid. Mix lightly with a fork, roll, fit into a pie pan.

Optional; Use 2 teaspoons of vinegar, and

1/4 cup sugar and a small teaspoon of baking powder.

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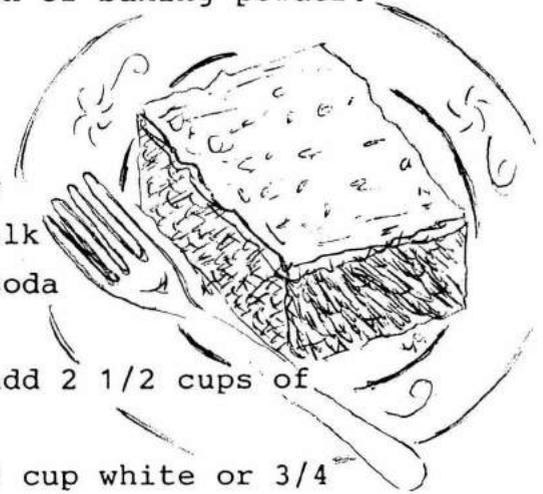
RHUBARB CAKE (106)

1 1/2 cups sugar	1/2 cup butter
1 egg	1 cup buttermilk
1/2 teaspoon salt	1/2 teaspoon soda
2 cups flour	

Mix all together ingredients and add 2 1/2 cups of 1/2 inch rhubarb pieces.

For topping before baking; Mix 1/2 cup white or 3/4 cup brown sugar with 1/2 cup chopped nuts and 1/2 teaspoon cinnamon, sprinkle over unbaked cake.

* * *



Spring is also a time when a weed called "lamb's quarter" (o' rose) begins to grow in or around gardens or yards. Pick these plants when young and tender. They can be used in any recipe you would use spinach.

JUT AU O' ROSE (107)

In a 2 quart sauce pan, put in 3/4 full of peeled and quartered potatoes. Add 1 1/2 teaspoons salt and water enough to not quite cover the potatoes. On top of this add a chopped onion, a tablepoon of pork drippings and 2 or 3 handfuls of washed and cleaned o' rose or enough to fill the pan, cover. Cook over medium heat until well done. Mash as you would for mash potatoes, without draining.

* * *

Our "Memorial Day" comes the end of May. It is the day we place flowers on the graves of our loved ones. It is also the day we remember and honor our deceased soldiers. In Belgium they remember the dead with flowers on Poor Soul's Day and All Saint's Day, at the end of

October and November first. Now people in Belgium lock their doors when they leave their house as we do. Many years ago, food was left on the table while they attended mass on Poor Soul's Day and the door was left unlocked. The idea was to allow poor souls to come in and eat.

Spring and fall was also a time for butchering hogs and sometimes a young heifer if they could spare one. Families did their own butchering. The meat was either stored in large crocks within layers of salt, canned in glass jars, smoked or made into a specialty dishes to be shared with relatives and friends while fresh, as freezing was not possible except in winter. In Belgium November 3rd. Saint Martin's Day is for butchering pigs. It usually takes three days to butcher, prepare and store the meat. Than neighbors and friends are invited to share the specialty dishes.

Among the specialty dishes were tripe, hatches, headcheese and ballet. The lard had to be rendered and some pork such as sidepork was fried and packed in crocks and sealed with hot fat drippings, left after the frying. The bowels (for sausage or tripe casing), liver, heart, stomach, head and brain had to be cleaned and washed.

There are three kinds of tripe, green, red and white. The green ones have cabbage, the red ones have blood, and the white ones have potatoes, milk and bread.

GREEN TRIPE (108)

18 to 20 pounds of pork meat half lean and half fat
15 pounds or so of cabbage boiled, squeezed and ground
3 pounds ground onions 3/4 to 1 cup salt to taste
3 tablespoons pepper to taste
2 teaspoons cloves or shake twice all over top
6 teaspoons ground nutmeg 1 pound casings
1 1/2 cup cracklings (left when rendering lard)
1/4 to 1/3 tablespoons thyme

All ingredients except the casings are mixed by hand

to blend well. Using a meat grinder with a casing attachment fill casings, twist about every 3 inches and tie ends. This sausage had to be boiled and later fried to brown before serving.

* * *



BELGIUM RED TRIPE (109)

Save the warm blood, add salt and mix, let rest in a cold place.

For 10 pounds of blood grind 6 large slices of soaked bread and 6 or 7 big onions. To one bowl of ground pork add a double handful of fresh ground lard, lots of nutmeg, salt and pepper to taste, 3 whole eggs and mix well. Fill the casings and pick with big needle and put in boiling water for 15 minutes. To serve, drop in boiling water for a few minutes.

HEAD CHEESE (110)

After the pork head is cleaned and the big bone removed, place meat in a large kettle and cover the meat with water. Add salt and boil until tender. Drain and cool. Grind the meat and season with salt, pepper, nutmeg and thyme to taste. Reheat the mixture to have the seasonings blend. Pour the mixture into a sieve that has been covered with a double layer of cheese cloth. Tie the ends of the cheese cloth and place a plate over and weigh it down with something heavy to squeeze the liquid fat out of it. Some people like to add some finely chopped onions before reheating. Let stand under the weight overnight. Cut into thin slice to eat.

In Belgium some cooks use 1/2 pound of beef with half the pork head. They also use a bayleaf while cooking and than remove it before grinding the meat.

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MEATBALLS (BREADCUBES) (114)

6 pounds beef 2 pounds pork
6 eggs nutmeg
3 teaspoons salt 1 teaspoon pepper
almost a whole loaf of bread cubed
about one quart of milk or enough to soak the bread
a big onion chopped fine

Make enough balls to fill a small electric roaster with a rack on the bottom and lined with aluminum foil. Start warming with one cup of water. After cooking, mix with 2 cans of cream of mushroom soup and 2 cans of milk and 1 package of dry onion soup mix. Pour over meatballs and allow it to simmer.

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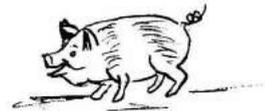
MEATBALLS (CRACKERS) (115)

Mix together:

1/4 pound package of crushed soda crackers
1/2 to 1/4 cup milk enough to soak crackers
2 eggs

Add:

1 envelope Lipton onion soup
1 to 1/2 pounds raw beef 1/2 teaspoon salt
1 teaspoon parsley 1 teaspoon basil
1/2 teaspoon paprika 1/4 teaspoon thyme
1 clove garlic finely chopped



Roll into meatballs and place in a 9x13 pan. Mix can of cream of chicken soup, 1 can water and pour over the meatballs. Bake one hour at 350°F. Turn the meatballs half way through the baking.

* * *

BALLET AW TOMATO (116)

3 pounds hamburger 6 slices toast in crumbs

pepper and nutmeg.

The liver can be peeled and frozen before slicing to make thin slices. The slices can be dipped in flour and placed in a frying pan with melted butter and pork drippings, seasoned with salt and pepper, covered and allow to cook slowly, add a little water. Turn the slices over and add onion slices. Cook until done.

Some people prefer a sweet and sour gravy on the fried liver or just make a gravy with the juice.

* * *

PATA OF PORK LIVER (120)

Grind fresh pork liver and 2 big onions. Boil pork rinds ahead and grind a double handful. Save 3 glasses of the water in which the rinds were boiled.

Grind a double handful of fresh pork lard. Add 3 pounds of ground good pork, salt, pepper and nutmeg to taste. Mix well and add 3 eggs, 3 tablespoons flour, 1/2 teaspoon poultry seasoning put in veil of pork with 4 bayleaves poked through the veil. Slice one orange in thin slices, lay the slices across the top. Bake in oven 3/4 hour. Poke with a needle to test, it should still be soft.

* * *

BELGIUM VEAL ROAST (121)

Cook the 1 kilogram veal roast covered in butter and a little water for one hour. Slice. Prepare; pile-1 slice of roast veal, 1 slice ham, a little grated cheese. Keep piling in the same order. Tie the pile with string and put in a pan veal side up.

MAKING THE SAUCE

Use the water the roast was cooked in with a little cognac, butter, cream and mushrooms. Bake in oven until done. Serve with lemon slices.

* * *

LIVER SAUSAGE (122)

Grind 4 pounds cooked fat pork and 2 pounds fresh uncooked liver, add salt, pepper, allspice and nutmeg to taste. Mix well and fill casings.

* * *

When a family member was not well or on a hot night when no one felt much like eating, an old favorite was milk toast. Some people wanted a toast while others wanted just a slice of bread buttered and sprinkled either with white or brown sugar and soaking in hot milk. It is very satisfying and many still enjoy this occasionally. It was called a potage. Babies were fed this too. Although the butter and sugar were not included because it was believed to be too rich for the baby's small stomach.

Wherever possible Belgian people make a garden. Fresh vegetables are very tasty and readily available. Plus it helps supplement their living cost as prices are very high. Common vegetables grown in their gardens include; carrots, potatoes, endives, celery, chicory, cabbage (red and white), savory, cerfeuil, cresson, onions, green beans, various lettuce, leek, parsley, tomatoes, herbs, peas, rhubarb, cauliflower and shallots. It is interesting to notice that squash, pumpkins, sweet corn and broccoli are not among their common vegetables. Our early ancestors were introduced to some of these vegetables by the American Indian culture. These early settlers also learned to use wild plants and whatever was available, as there weren't any stores or markets to get supplies. This may have caused their recipes and cuisine to change to some extent.

Because Belgians are flower lovers it is common to find many window boxes filled with geraniums, climbing and other roses around their homes. Tuberous and fibrous begonias and hydrangea bushes as well as flowering or fruit trees in their yards are prominent.

As the garden grows so do the weeds. Many of us labor at trying, but failing to control a weed with thick smooth fleshy leaves and branching stems that hugs the ground called purslane, the Walloon name is pourpier. This plant is edible and it is used in soup in Belgian homes.

SOUP AU POURPIER (123)

Cook onions in butter. Cook potatoes in water with a big handful of pourpier large leaves for 20 minutes. Add the cooked but not browned onions and butter. Blend or puree. It should be of tomato soup consistency. Float some small pourpier leaves and finely chopped parsley on the top of the soup.

* * *

We sometimes have soup and sandwiches for lunch. Europeans serve soup as a first course of the main meal each day. Soup seems to be the tonic that keeps them healthy.

SOUP STOCK (124)

They make soup stock by boiling chicken or some kind of meat with four basic vegetables; potatoes, onions, carrots, and leek, left whole with a little salt.

The meat is removed, creamed, roasted in the oven or served with a rich sauce.

* * *

If visitors are expected for the main meal, part of the stock or liquid will be scooped into another kettle. Depending upon the kind of soup they want to serve, will dictate the ingredients to be added to the stock liquid. This would very likely be a double handful of the vegetables they wish to feature that day, although other herbs or ingredients may be added too. When the cooking is completed they puree it with an appliance called a "Mix Soup". It is actually a hand blender with a metal post that can be

inserted into the hot soup to puree it. Very often finely chopped leaves of parsley or cerfeuil are sprinkled on the top of the soup, for added nourishment as well as giving it an appetizing appearance.

Whatever is left in the stock pot will be reheated another day when only their family will be served. After being heated and pureed, and herbs added for flavor, the family can be served the soup. Here are a few of their favorite, special, delicious soup recipes.

CAULIFLOWER SOUP (125)

1 cauliflower 1 onion
2 potatoes

Cook in 2 liters of water or stock. If stock is not available, add 2 bouillion cubes. When vegetables are tender puree all except a few small pieces of cauliflower to allow to float in the soup. Sprinkle a little finely chopped parsley on the top of the soup.

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ONION SOUP (126)

Cook potatoes and onions in beef broth than puree. Add finely chopped onions to have pieces that float.

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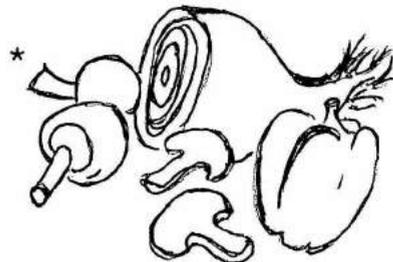
RED CABBAGE SOUP (127)

Boil and drain 1/2 of a red cabbage. Add to a kettle of water or stock, 5 small potatoes. Add 1 apple, 2 big onions cooked in butter, 2 to 3 teaspoons of vinegar, a small thyme branch or 1/2 teaspoon powdered thyme, 1 bayleaf, salt and pepper to taste. Puree and serve with bread cubes browned in butter.

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OXTAIL SOUP (128)

Soup Base; Melt butter and add



3 big onions cut in big pieces
4 big handfuls of leek cut up
4 big handfuls of celery cut up
5 or 6 carrots cut up an oxtail
4 bouillion cubes 1 1/2 liters water

When cooked take out the oxtail. The rest can even wait until the next day. Reheat soup stock or base, puree and add a can of tomatoes, a can of peas, tapioca or small pasta. Cut the meat off the oxtail. Use a few scoops of the soup stock liquid add cream to make a white sauce. Thicken with flour and add a can of mushrooms for another dish. Soup can be made this same way with chicken, beef, pork or mixed.

* * *

PUMPKIN SOUP (129)

Melt butter to cook 2 big onions chopped. Cut up one pumpkin and 2 big potatoes. Cook in water to cover. When done add onions cooked in butter, 1/2 celery, 1 handful fresh parsley, salt, red pepper, and black pepper to taste. Add cream just before serving. Makes 12 quarts. Do not boil after cream is added.

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SOUP OF MUSICIANS (130)

Boil pork tail or ribs, remove meat and add beans, celery, carrots, potatoes, bayleaf, thyme, salt and pepper to taste.

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SOUP OF CAULIFLOWER (131)

In a big kettle boil tongue and a bone, salt, pepper, thyme, and allspice nails poked into meat. Add vegetables, 2 onions, carrots, leek, celery, and cauliflower, after the meat has cooked and is removed. Skim off the foam.

Strain enough juice for a meal. Add bouillion cube,

a little cornstarch and 2 egg yolks beaten in 1/2 cup sweet cream. Add boiling juice stirring constantly to keep the egg from cooking. Add a big pinch of finely chopped parsley or cerfeuil. Never boil after cream has been added because the cream will sour.

* * *

TOMATO SOUP (132)

Cook 7 to 8 small onions in a butter. Boil 8 or 9 small fresh and peeled tomatoes, 7 or 8 potatoes, celery, salt, pepper, thyme than cook and puree. Serve with cerfeuil chopped fine.

Beef broth can be used and fine noodles or tapioca can be added after soup is pureed.

* * *

TOMATO SOUP (133)

Boil beef with bone in slightly salted water, when done take out beef bone. Add a large can of tomatoes, stewed or juice, fine noodles, tapioca and parsley or cerfeuil.

* * *

PUMPKIN TOMATO SOUP (134)

1 to 2 1/2 liter box of pumpkin cubes
3 or 4 potatoes 3 or 4 carrots
1 big onion sliced handful of celery leaves
1 to 2 liter box of small whole tomatoes



Boil in water and puree. Sprinkle with finely chopped parsley on the top.

* * *

Here are some of my favorite soup recipes.

PEA SOUP (135)

Soak 3/4 cup of dry peas for 2 hours. Place cut ham pieces and the bone in a kettle of water. Add 2 or 3 cut

up stalks of celery, a cup or 2 of fresh peas or canned peas, enough cut up carrots to see, enough cut up potatoes to see, 1 big onion cut up, a double handful of leek, parsley, than cook. Add 1/2 to 3/4 cup rice about 1/2 hour before the soup is done, also add some noodles.

* * *

RICE AND TOMATO SOUP (136)

Put a beef bone in a kettle, cover with water and boil. Add 2 celery stalks chopped, 1 big onion chopped, salt and pepper to taste, 2 or 3 bouillion cubes and cook 3 to 3 1/2 hours. Add 1 cup or more of rice, 1 quart tomato juice and cook 20 to 25 minutes till rice is done. Serve with celery salt.

* * *

RED CABBAGE SOUP (137)

Boil 1 to 2 quarts water. Add a very small head of red cabbage, chopped, salt and pepper, 1/2 cup chopped leek and cook 1/2 hour. Add 4 small chopped potaotes, 2 tablespoons butter or pork drippings and cook until done.

* * *

CHILI (138)

Slowly fry 2 1/2 to 3 pounds of ground beef to brown. Meanwhile set to boil 1 1/2 quarts of water, 1 big onion cut up and 3 or 4 six inch stalks of celery and 2 quarts canned tomatoes. Add the meat when it's browned, 1 can of red kidney beans and 1 can of pork and beans. Cook about 20 minutes. Add 2 tablespoons chili powder, 1/2 teaspoons paprika and 1/2 bottle of catsup. Also add 3 cups of spaghetti boiled in a separate sauce pan, rinsed in cold water and drained before adding to the soup.

Optioanl; can of peas, a pepper cut into small pieces, a little brown sugar, more chili powder for a more picky taste, tomato juice and tomato paste.

POTATO SOUP (139)

Boil until done;

6 medium potatoes diced small

4 stalks celery diced small

1 onion cut up

Cover with water and add 5 chicken bouillion cubes. Do not drain-mash a little with a big spoon. Add 1 pint half and half and 1 pint of milk, heat do not boil. Take a little of the juice and stir in 3 or 4 tablespoons of flour. Pour it back into the soup to thicken. Add a big chunk of butter, salt and pepper.

Years ago potato soup consisted mostly of just potatoes boiled in whole milk and seasoned with salt and pepper and maybe a hunk of butter. Very often dry peas and fresh or canned peas were made into two separate soups.

* * *



By spring the manure pile in the barnyard was heaped high and had to be loaded unto a manure spreader with forks, then spread in the fields, pulled by a team of horses. Here are Fred Renard, Ivan Draize and Louis Draize loading the manure.

S U M M E R

Summer was a busy time on the farm. Horses were used instead of tractors, therefore it took more time to do the farm work from spring until late fall. I remember bringing coffee and lunch to the men that were working in the fields. It also gave the horses a time to rest, around 9 or 10 A.M. and again around 3:30 or 4 P.M. Lunch was necessary because everyone worked hard and it gave the workers an extra boost between the main meals. As I grew older I learned to shock grain bundles (dejah-ten bundles together to make dejah in rye, other grains were 6 to 8 bundles for dejah) to dry, I worked on the wagons to arrange the grain bundles into a wagon load that would not tip, while the men pitched the bundles up to me. The wagon load had to be unloaded in the barn mows, to protect the grain from the rain until a threshing crew with a threshing machine came around to each farm to thresh.

This was also a busy time for the women as they served the threshing crew of around 15 men, 4 to 5 meals a day, which included breakfast, lunch, dinner, lunch, and supper for 3 or 4 days. This was a lot of food to prepare with no refrigerators and only an old time cook stove that required wood for burning to produce heat. Anything that needed to be kept cool between meals or overnight had to be brought into the cellar and placed on the cistern or on the cold ground floor. Somehow it was possible to keep the various foods from spoiling. Eggs, milk and vegetables were available, but some fresh meat was bought from the butcher shop to supplement the salted or canned meats. The gardens helped to vary the vegetables used, although men on the crew that went from farm to farm had no trouble telling what vegetables were in season. The only difference might have been the different recipes. No one was rich,

but no one went hungry.

There was no kool-aid to prepare a cool drink for workers on a hot day and no one bought pop or beer. Money was needed for other things. A vinegar drink was prepared to quench thirsty workers needs. It was made by adding a couple of tablespoons of cider vinegar into a couple quarts of fresh cold water from the well and adding a little sugar to suit the taste. Besides quenching hot workers thirst, it was also a healthy drink.

Planting and keeping up a garden required much hoeing and weeding plus picking, cleaning, cooking and canning.

One of the first garden vegetables ready for the table is lettuce.

SAUCE FOR FRESH LETTUCE (140)

Fry a few slices of side pork or bacon until done, but not crisp. Add a chopped onion and cook until translucent, stirring often. Add 1/3 cup of vinegar and 2/3 cup of water. Bring to a boil and then cool.

If you don't want your lettuce to wilt. let sauce get almost cold. Set sugar bowl on the table for those who want it.

* * *

HEAD LETTUCE JUT (141)

Boil and drain potatoes. Cut up a head lettuce over the hot potatoes. Make a milk sauce with fried and drained bacon or fat salt pork pieces, cut up onions, a hunk of butter and milk, bring to a boil and pour over the potatoes and lettuce then mix all together.

Some people prefer a sweet sour sauce and add 3/4 cup sugar and 1/2 cup vinegar with no water. Either way the side or salt pork or bacon must be fried but not too crispy. Some drain off the melted fat for health purposes. Cook the onion in some of the fat until translucent but not brown as this makes the onions bitter.

Strawberries are the first fruit to ripen. They were used fresh, crushed with sugar added, in pies or canned in jam or sauce. The same can be done for raspberries.

STRAWBERRY SAUCE (142)

Boil together 1 cup sugar and 1 cup water. Put clean raw berries in a hot sterilized glass jar. Pour the boiling syrup over the berries, cover tightly and put in water bath for 20 minutes.

* * *



STRAWBERRY OR RASPBERRY JAM (143)

Boil 1 cup sugar and 1 cup washed and crushed berries for 3 minutes. Store in hot glass jars and seal tight. Do not double the batches for best results. Today most people use pectin or sure jell for canning or freezer jam.

* * *

STRAWBERRY OR RASPBERRY PRESERVES (144)

2 quart box of berries hulled and washed
5 cups of sugar

Let stand for 4 hours. Boil 8 minutes, add 1/2 cup lemon juice and boil 2 to 3 minutes more. Pour into hot sterilized jars and seal.

* * *

STRAWBERRY OR RASPBERRY PIE (145)

Make a pie shell and fill it with about 2 1/2 cups of berries. To make a glaze simmer 1 cup washed, drained, hulled and crushed berries with 2/3 cups water about 3 minutes. Blend in 1 cup sugar, 3 tablespoons cornstarch and 1/3 cup water. Stir slowly into boiling mixture and boil 1 minute. Stir constantly, cool to lukewarm. Pour over the berries in the pie shell. Serve with whipped cream.

Some people like putting a layer of cold vanilla

In Belgium bete are sometimes used to make a "tarte a L' djote". It is a special delicacy of Nivelles and was handed down for several generations from the Abbey of Saint Gertrude.

From what I understand it is made with the pie crust being of raised dough with milk and butter as for Belgian pie. Recipes for this dough will be found later within this book.

TARTE A L' DJOTE (148)

Use a raised dough pie crust. For a filling use; a handful of herbs, about even portions of Swiss chard, parsley, chives and small onions. A ball of cheese from Nivelles probably like our cream cheese as it must be a fine cheese that will blend well when other ingredients are added. Mix cheese with one egg and enough milk to soften the mixture and 2 tablespoons of softened butter. Add chopped herbs.

Spread on raised dough crust and bake until a table knife inserted in the center of the pie comes out clean. It is better baked well than not enough. Serve warm. Poke holes in the top with a fork so the butter you will spread over it will soak in. They serve it with a good quality beer.

* * *



Ivan Draize with his
pet chickens.

Sometimes they leave some of the cheese mixture without herbs and the plain and herb mixtures , are spread in layers to have pretty layers of green and yellow. This was a gourmet dish served to royalty.

SPINACH (149)

Boil in water and drain. Simmer chopped onions in butter, chop the spinach into the onion mixture and heat a while. Add; salt, pepper and nutmeg, and 1 or 2 boiled eggs.

Same recipe can be used for Swiss chard, o rose or beet leaves.

* * *

Beans either green or yellow wax beans may be next in the garden. Cut off the ends and boil until tender in salt water and serve with butter, milk sauce or vinegar sauce.

MILK SAUCE (150)

Melt 3 tablespoons of butter or drippings (side pork drippings after frying the side pork, use that same pan to have the brown left from the frying). Cook an onion in this. Stir in 3 tablespoons flour, pepper to taste, 2 cups of milk than heat and pour over vegetables.

* * *

VINEGAR SAUCE (151)

Cook a chopped onion in butter or part pork drippings. Add 1/3 cup water, 2/3 cup vinegar, salt and pepper. Recipe may be doubled if necessary. Some people prefer 1/2 cup water and 1/2 cup vinegar.

* * *

STIVEY WITH BEANS (152)

Same recipe can be used with chopped celery or carrots or most any other vegetables.

Boil potatoes enough for your family, boil beans or other vegetables until tender. Put potatoes in a large serving bowl, dump the cooked vegetables on top of the potatoes, pour on a milk sauce or a vinegar sauce toss to mix the vegetables with the potatoes.

Other vegetables that work out well for stivey include celery, carrots, or leek. Sometimes a milk sauce or a vinegar sauce can be poured over just plain boiled potatoes.

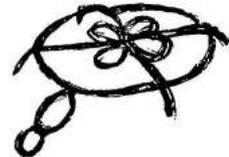
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STIVEY AU CARROT (153)

As done in Belgium.

Melt a handful (maybe about 1/2 pound) of cut up side pork in a kettle, add cut up onion and cook. Add carrots and cover with water. Cook until carrots start to be tender. Add cut up potatoes, a bayleaf, thyme, salt and pepper. Cook slowly with cover on.

* * *



Peas are next to be harvested. They are good in pea soup, just buttered or creamed. Peas and beans were also canned for the winter months.

CREAMED PEAS (154)

Cook in salt water and drain. Add a hunk of butter, pepper, and real cream. Bring to a simmer.

* * *

CANNED BEANS (155)

Wash, trim ends, cut in about 2 or 3 inch pices, raw pack in a hot sterilized glass jar. Add 1 tablespoon salt per quart. Add boiling water leaving 1 inch empty space at top. Cover tightly. Place jars in a large high kettle

or water boiler, on a rack. Add water up to the covers. Boil 3 hours. Peas were done the same way and so were carrots.

* * *

Peas and carrots are sometimes cooked separately in salt water until tender drained, mixed together and served with a hunk of butter.

CANNING FRUIT (156)

Summer is also a time for canning cherries, peaches and pears. Packed in a glass jar and covered with a syrup of sugar and water then processed in a water bath for 20 to 25 minutes. The usual proportions of sugar include 1 cup sugar for 2 cups of water for fruit that is rathersweet, and 1 cup sugar for 1 cup water for sour cherries.

* * *

Old weather predictions from Belgium for this time of year include:

1. July without thunderstorms mean famine in the village.
2. Usually July storms tell us of a coming vigorous winter.
3. Dry July never distress it means rain usually comes by July 21st, St. Victor's Day.
4. Harvest is not gold, if St. Marguerite July 20th brings lots of rain, it is not good.
5. When on July 22nd, St. Madeline, it rains and continues through August 15th, St. Marie.
6. St. Louis, August 25th, summer is over.

F A L L

As fall approaches, cabbage, beets, cauliflower, broccoli, sweet corn, cucumbers, tomatoes are ready for table use as well as for canning.

It is also the time of year for school to resume. Students were happy to see their friends again but always came home hungry.

SAUCE FOR RAW CABBAGE OR CUCUMBERS (157)

A common recipe for a sauce to pour over sliced cucumbers or finely chopped raw cabbage is;

1/2 cup sugar (big)	1/2 cup oil
1/3 cup vinegar	1 teaspoon yellow mustard
salt and pepper	onion chopped fine

* * *

Another sauce for these same vegetables is mayonnaise that is doctored up with a little sugar, vinegar and milk to taste.

Cabbage the red or white variety are sometimes cooked into a Ratatoi with potatoes, fried or made into Jut.

RATATOI OF CABBAGE (158)

Put peeled and quartered potatoes in a sauce pan, cover with water, add cabbage cut up in big pieces and a chopped onion, salt, pepper and a tablespoon of side pork drippings. Cook until potatoes are crumbling. Stir with spoon to break up big pieces but don't mash fine.

* * *

FRIED CABBAGE (159)

Cut up cabbage, not too fine. Add water (not quite enough to cover). Add a tablespoon or 2 of sidepork dripping, a chopped onion, salt, pepper and nutmeg. Cook

uncovered to allow liquid to evaporate. Add a little water if needed.

* * *

JUT (160)

Savory is the best for this.

Boil a head of cabbage until tender, drain, allow to cool so you can handle it with your hands. Squeeze dry and reheat and cut up in a pan with 2 or 3 tablespoons of sidepork drippings and maybe a little butter. Add salt, pepper and nutmeg to taste.

* * *

BELGIUM RAW RED CABBAGE JUT (161)

Cut red cabbage fine in a jar of vinegar and press overnight. Boil potatoes and drain. Cook little pieces of bacon or sidepork with onion, drain off most of the fat. Pour the rest over the hot potatoes. Drain the cabbage and pour over the hot potatoes. Mix.

* * *

RED CABBAGE (162)

Cut up one head of cabbage and boil for awhile not completely done, drain. In a kettle lay slices of side and salt pork (can be cut into little pieces.) Cut up medium onion and place over pork. Allow to melt over medium heat until onion is transparent. Add drained cabbage. Make a well in the center of the cabbage and add 1 tablespoon of raw rice, cover with cabbage. Add pepper, salt, little sugar, bayleaf and 3 small peeled and cut up apples. Cook slowly on low heat. Stir with wooden spoon until everything is mush. Add 1 tablespoon of vinegar and stir. Taste for spice amount.

* * *

We usually serve fresh tomatoes just sliced on a plate.

Salt, pepper and sugar are on the table for individual taste. When tomatoes are served in Belgium, a sauce is usually prepared the day before.

BELGIUM TOMATOES (163)

Sauce;

3 or 4 tablespoons oil 1/2 tablespoon vinegar
salt and pepper

Peel and slice tomatoes, slice an onion thin. Place in a bowl and pour sauce over it.

* * *

Broccoli and cauliflower can each be made into soup, served as a vegetable, or made into a salad. When served as a vegetable it can just be served with melted butter poured over it or with a cheese sauce.

CHEESE SAUCE (164)

For cooked broccoli or cauliflower.

Heat 1 cup milk, 2 tablespoons butter, 2 tablespoons flour briskly stirred in the warm milk to thicken. Add 1 cup grated or shredded cheddar cheese.

* * *

CAULIFLOWER SALAD (165)

1 head cauliflower cut into bite size pieces
1 cup or more salad dressing to cover and seal cauliflower from the air
1 small cut up onion 1/2 cup sugar sprinkled over all
1/2 cup bacon bits sprinkled on top

Let stand overnight, mix when ready to eat.

* * *

BROCCOLI SALAD (166)

1 bunch broccoli flowers cut into bite size pieces
1 small onion cut up 1/4 to 1/2 cup raisins

6 slices bacon (fried crisp and crumbled)
1/2 cup chopped nuts or peanuts
1 cup mayonnaise 3 tablespoons vinegar
1/4 to 1/2 cup sugar green grapes (optional)
small cheese cubes (optional)

Mix and serve.

* * *

CAULIFLOWER AND BROCCOLI SALAD (167)

1 head cauliflower in bite size pieces
1 bunch broccoli flowers in bite size pieces
1 medium red onion diced 8 ounces shredded cheese
1 pound bacon fried crisp and drained

Mix sauce and pour over vegetables; 2 cups mayonnaise,
3/4 cup sugar, and 4 tablespoons vinegar.

* * *

SAUCE FOR CANNING SWEET AND SOUR PICKLES (168)

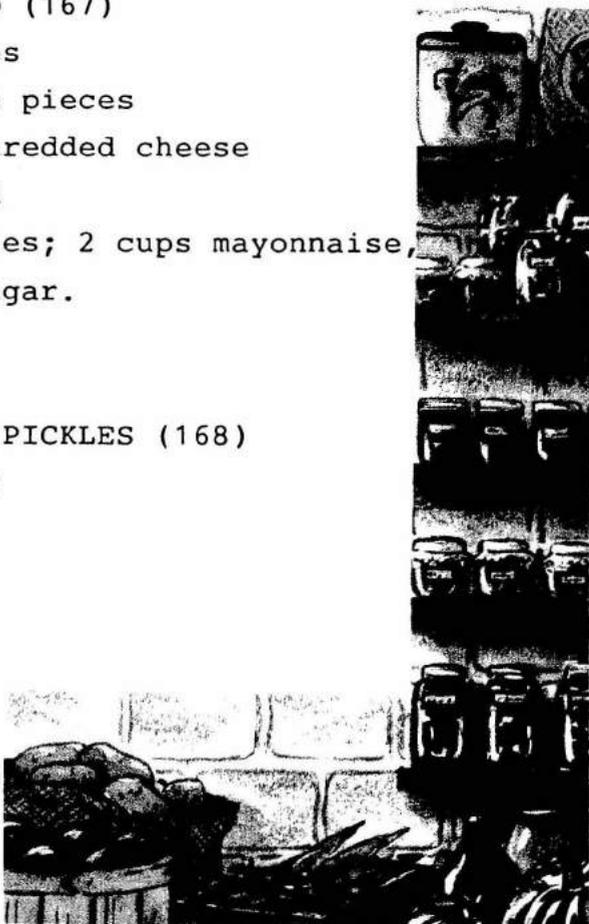
3 cups vinegar 2 cups sugar
1 cup water

* * *

DILL PICKLES (169)

4 cups water 1 cup sugar
5 cups vinegar 1 piece alum
dill tops in each jar

* * *



GREEN TOMATO PICKLES (170)

Cut tomatoes in slices and sprinkle with salt. Let stand 3 hours. Wash off the salt and cook in a sauce of 2 cups brown sugar and 1 cup vinegar. Fill jars and seal.

* * *

CORN ON THE COB (171)

Boil cobs in water 5 to 8 minutes. Serve with salt,

pepper and butter.

It can be cut off the cob and canned. Pack in pint jars, add 1/2 teaspoon salt and pour boiling water to 1/2 inch from the top. Seal and place jars in boiler or canner and boil for 4 hours.

* * *

RED BEETS (172)

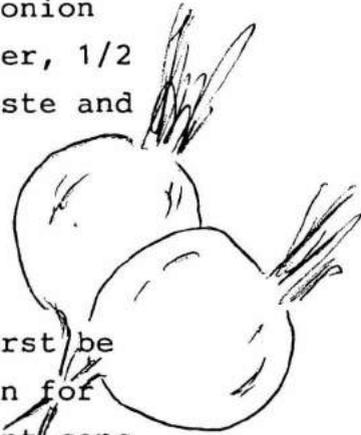
Red beets should be boiled, peeled, and sliced than reheated in butter with salt, pepper and chopped onion or the beet slices can be heated with 1/2 cup water, 1/2 cup vinegar, 1/2 cup sugar, salt and pepper to taste and thicken with flour.

* * *

CANNING OR PICKLING BEETS (173)

When canning or pickling beets, they must first be boiled and peeled. If they are to be canned plain for serving with butter, they have to be sliced in pint cans, covered with hot water and 1/2 teaspoon salt before processing in a hot water bath for 3 hours. For pickling, quarter or chunk the boiled and peeled beets, pack in glass jars cover with a hot sauce of; 1 cup sugar, 1 cup vinegar, 1 cup water and salt to taste. Seal and process to seal cover. Some people also add mixed spices to the hot sauce.

* * *



On some of those hot days or for picnics, many people prefer cold potato salad instead of hot potatoes. Potatoes must be boiled and cooled. Add a chopped onion and some cut up hard boiled eggs. Some people even like some sliced radishes or cut up cucumber or celery.

POTATO SALAD SAUCE (174)

Boil;

1 tablespoon butter 1/2 cup sugar

1/2 cup vinegar

3/4 cup water

1 egg

Thicken with flour and cool. Pour over cooked, cold sliced potato dish and stir to blend. Decorate top with sliced hard boiled eggs.

Optional; 1 teaspoon mustard.

* * *

In Belgium, June through September is Kermis time, with each village celebrating on a different weekend. Here in Wisconsin, Kermises begin the fourth weekend of August at Lincoln (fiest au Grand Leez, froid a nuit) and Euren (San Savior). Brussels, Namur (Fairland) celebrate the first weekend in September. Rosiere and Champion celebrate the second weekend of September. Dyckesville and Walhain have their Kermis the third Sunday, while Tonet and Gardner have theirs the fourth Sunday of September. October's first Sunday is the Duval and Thiry Daemes Kermis. Misere (bad or miserable weather) and Casco's Kermis are the second Sunday of October. They used to be the last Kermises of the season but now Forestville and Neuren decided to have a Kermis on the third Sunday of October.

Kermises are a harvest festival and mean big dinners with fancy vegetable dishes and salads, chicken booyah, Belgian tripe, beef stew, baked chicken, buns, cakes, tortes and Belgian pies. Friends and relatives came to share the meal and help celebrate the harvest with singing and dancing as well as story telling.

It is also a time for canning and harvesting the rest of the garden vegetables. Root vegetables such as onions, potatoes, carrots had to be stored in the cellars to be protected from the frost.

BEEF STEW (175)

Brown the beef chunks in butter. Place beef chunks and butter in kettle with water not quite covering the

meat and season with salt, pepper and nutmeg. Cook lots of onions in butter but not brown. Pour over meat. Simmer slowly for a long time (until meat starts to almost come apart). It can also be cooked in a roaster in the oven. Thicken the juice into gravy. Serve meat and gravy in the same bowl, some people add other vegetables to the stew, but mashed potatoes were the preferred potato dish at these dinners.

* * *

PORK AND APPLES (176)

Brown onions, slices of sidepork and put slices of apples over than cook until well done.

* * *

OVEN BAKED CHICKEN (177)

Clean and wash chicken, place pieces on a towel to dry so they won't splatter. Brown the chicken pieces in butter in a frying pan. Place the browned pieces in a roaster. Season each layer with salt and pepper. Pour the butter that the chicken pieces were browned in over the meat in the roaster. Add water to the frying pan to loosen all the browned pieces, scrape and pour over the chicken. Bake a couple of hours in a slow oven. Chicken pieces if preferred can be rolled in flour before cooking. Thicken juice in roaster after chicken pieces are taken out and serve chicken and gravy in separate dishes. This is good gravy to serve over mashed potatoes.

* * *

MASHED POTATOES (178)

Cook potatoes in salt water until well done. Belgians like to use nutmeg while cooking. Drain, add a chunk of butter and enough whole milk and even a little cream, to make mashing easy. Be sure to whip smooth. A little white pepper can be added. Some people like to blend in some

cream cheese.

* * *

BELGIUM POTATOES (179)

Sautee an onion until it starts to brown. Add bite size chunks of potatoes, 1 cup of milk, salt, pepper, nutmeg, and thyme to taste and 1 bayleaf. Cook slowly until potatoes are done. Mix well and serve.

* * *

BUNS (180)

Let raise; smallest half of a half pound bar of yeast, 1/4 cup sugar, 1/4 cup lukewarm water. Put 6 cups of flour in a large bowl. Make a well in the center. Add; yeast mixture, 3/4 cup melted lard and butter, 3 3/4 cup lukewarm water, 4 or 6 beaten eggs and a pinch of salt. Mix with hands and add enough flour to make a soft dough. Knead about 1/2 hour. Let raise to double in bulk punch down. Let raise again to double the bulk. Make rolls about the size of a large egg, place on a greased pie pan (7 or so) let raise, and bake. Makes about 70 or so buns.

* * *

BUNS (181)

1/4 of a 1/2 pound bar yeast
1/2 cup lukewarm water 1 teaspoon sugar
Let raise.
3 cups flour 3 tablespoons melted lard
1 beaten egg 3 tablespoons sugar
1/2 cup water pinch of salt
Add to yeast mixture.

* * *



RICE PIE FILLING FOR THREE BELGIAN PIES (182)

2/3 cup rice 1 1/2 cups lukewarm water
Cook in a double boiler until water is gone. Add:

1 quart whole milk plus 1 cup cream. Cook till rice is fluffy. Add; a pinch of salt, 1 cup sugar and 2 or 3 beaten eggs. Cook 2 or 3 minutes more than add vanilla. Fill pie crust and bake until raised dough crust is done. Cool. Serve with whipped cream.

* * *

PRUNE PIE FILLING FOR 3 PIES (183)

Cook 1 1/2 pounds prunes in water, drain. Remove pits and add; 1 1/2 cups sugar, 1 cup apple sauce (gives the filling a less strong flavor) stir. Add a little of the juice the prunes were cooked in to attain the right consistency. Fill pie crusts, cover with cheese topping and bake.

* * *

APPLE PIE FILLING (184)

Cook dried apples with water. Drain and grind adding a hunk of lightly browned butter. Sugar to taste, add a few shakes of cinnamon. Top pies with cheese filling before baking.

* * *

APPLESAUCE PIE FILLING FOR 6 PIES (185)

To 2 quarts of applesauce add sugar and cinnamon. Thicken by placing in a heavy cake pan that has been buttered, in a slow oven (200°). This will evaporate the liquid. Fill pie crust, cover with cheese filling and bake.

* * *

SOUR CREAM RAISIN PIE FILLING FOR 3 PIES (186)

Cook 2 cups raisins in a little water and cool. Add;
1 cup sour cream 6 egg yolks
2 cups sugar mixed with 2 tablespoons cornstarch
2 tablespoons lemon juice pinch of salt

1 teaspoon vanilla

Cook to thicken than fill pies and top with cheese topping, bake.

* * *

CHEESE TOPPING (187)

22 ounces cottage cheese drained and pressed through a sieve

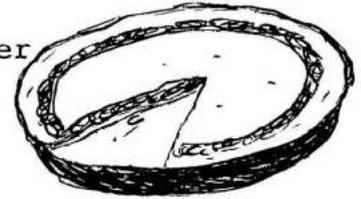
Add;

2/3 bar cream cheese 1 or 2 egg yolks

1/4 cup sugar hunk of melted butter

If too thick thin with cream.

* * *



It is a good idea to prepare and refrigerate the fillings the day before you make Belgian pies. It is very hard to get everything ready on time if you are doing this alone.

Every cook had their own version of preparing the fillings. They were developed and changed to suit particular tastes. The same is true about the raised sweet dough that is used for the pie crust. Here are a few different recipes. They are also to furnish enough dough for different numbers of pies.

EASY DOUGH FOR 6 PIES (188)

Let raise;

small bar yeast 1/4 cup lukewarm water

2 tablespoons sugar

Blend together 1/4 cup sugar, pinch of salt, 1/2 cup lard and butter in a large bowl. Add 3 beaten eggs, 1/2 cup lukewarm milk and yeast then 2 1/2 cups flour to make a soft dough. Let raise until double in a warm place about 1 1/2 hours. Punch down, make balls large enough for each pie crust and place on buttered individual pie pans. Let raise, fill and bake.

* * *

QUICK BELGIAN PIE CRUST (189)

for 12 pies

Let raise;

2 ounces yeast 1/2 cup lukewarm water

1 tablespoons sugar

Prepare mixture as in other recipe.

1 cup cream 1 cup butter

1/4 cup sugar 6 eggs

pinch of salt 5 cups flour

* * *

BELGIAN PIE DOUGH FOR 20 PIES (190)

Let raise;

1/3 to 1/2 pound bar yeast

1 tablespoon sugar 1/2 cup lukewarm water

Prepare mixture as in other dough.

1 cup milk 1 cup cream

1 cup butter and lard 1 cup sugar

big pinch of salt 8 eggs beaten

8 cups flour

* * *

BELGIAN PIE DOUGH WITH POTATOES FOR 30 PIES (191)

Let raise;

1/2 of an 8 ounce bar yeast

4 tablespoons sugar 1/2 cup lukewarm water

2 cups cooked potatoes mashed in 1 cup water

2 cups milk bring to a boil and add 1 cup butter

Start in dough pan beat 1 cup melted lard or pork grease, 1 cup sugar, 8 beaten eggs then alternately flour and milk with potato mixture. Keep beating to have a fine dough. Add yeast mixture and rest of flour. Knead about 1/2 hour or more. Let raise to double and punch down, let raise again, make into balls, roll or press in pie

pan. Fill and bake.

* * *

BAKING POWDER BELGIAN PIE DOUGH FOR 4 PIES (192)

3 eggs 1/2 cup sugar
1/2 cup milk 3 teaspoons baking powder
1/2 cup melted lard or pork drippings
little salt and flour

Mix like a cake not too stiff, finish dough in flour on the table. Keep the dough very soft, roll 1/4 inch thick. Roll, fill, bake. This is sometimes called Poor Man's Belgian Pie.

* * *

DRY YEAST BELGIAN PIE DOUGH FOR 3-9 INCH PIES (193)

Soak 15 minutes;
1 package dry yeast 1 teaspoon sugar
little warm water
Cream
1/2 cup butter and lard 2 tablespoons sugar
2 eggs
Add;
3 tablespoons warm milk 1 teaspoon salt
2 or 2 1/2 cups flour

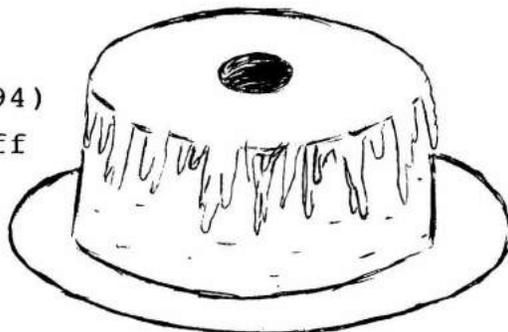
Knead until smooth and let raise until smooth and double (1 to 1 1/2 hours). Shape into 3 balls, rest 15 minutes. Pat into pie pans. Let stand 10 minutes, fill and bake.

* * *

When making a lot of pies, there often were a number of unused egg whites. These frugal cooks used to make an Angel Food cake.

ANGEL FOOD CAKE (194)

8 or more egg whites beaten stiff



1 teaspoon cream of tartar pinch of salt
1 cup sugar 1 cup sifted flour
1 teaspoon vanilla

Beat egg whites stiff, add cream of tartar and salt. Fold in the sugar and flour very slowly. Fold in the vanilla.

* * *

Wisconsin Belgian Pies are slightly different from those made in Belgium. Some of the differences may be due to the fact that early settlers didn't have availability to some of the ingredients they were used to having. Therefore they made do with what they had. Even their pie pans are different. An average pie pan here is eight inches in diameter while theirs are 12 1/2 inches in diameter. When using their pans we need a ball of dough twice the size we need when using our pans. It also takes twice as much filling. Because of the size, their pies are cut into 10 or 12 servings, while ours are cut into 6 servings.

PIE DOUGH FROM BELGIUM (195)

1 kilo flour 400 grams butter
6 eggs little salt
100 grams yeast warm milk

Put yeast in a cup or small bowl with a little sugar and cover with warm milk. In a large bowl put a cup of water and the butter in the oven to melt. Fold in flour a little at a time, add the salt and yeast, a little more flour, the whole eggs and knead the dough with flour, not too much to keep the dough soft, but to keep the dough from sticking to the fingers or bowl. Let raise until double, make balls of dough, flatten balls in pie pans. Let raise, add fillings and bake.

* * *

APPLE PIE FILLING (196)

Pick the dough to get rid of some of the bubbles. Arrange sliced apples to look pretty on crust. Sprinkle with sugar to taste. Dot with butter. Pour on a little cream but not to cover or you could put a layer of vanilla pudding before arranging the apples.

* * *

APPLE PIE (197)

(Compares somewhat to our create a crust pie)

150 grams flour 1 package sugar vanilla
125 grams butter 1/2 package baking powder
125 grams sugar 3 whole eggs
4 or 5 tablespoons lukewarm milk

Mix everything. Pour into a buttered pie pan. Poke as many slices of apple as possible into the dough. Sprinkle with a big handful of white sugar. Bake about 35 minutes or until done.

* * *

WHITE SUGAR PIE FILLING FOR ONE PIE (198)

Beat 2 eggs, add 200 grams of white sugar and 250 ccm of cream and 25 grams of melted butter. Mix well, pour over picked crust and bake.

* * *

BROWN SUGAR PIE FILLING (199)

Beat 2 eggs, add 200 grams of brown sugar and 250 ccm of cream and 25 grams of melted butter. Mix well, pour over picked crust and bake.

* * *

CHEESE PIE (200)

2 tablespoons self-raising flour
200 grams sugar 1 small cup cream
3 packets sugar vanilla 3 egg yolks (beat egg whites hard)
500 grams dry cottage cheese (like our ricotta cheese)

few drops almond flavor 1 teaspoon lemon juice

Bake in pyrex pan in a preheated oven for one hour.

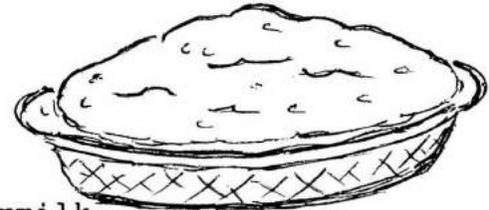
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CHEESE PIE FILLING (201)

150 grams sugar 150 ccm cream
6 egg yolks pinch of salt
1 tablespoon flour
250 grams dry cottage cheese

Mix well. Add to first mixture 50 grams melted butter cooled. Beat egg whites with vanilla sugar or almond flavoring and fold into mixture just before putting in the oven. Before putting the cheese mixture on the pie crust, pick the crust and spread 2 tablespoons of apple butter on the picked crust then pour cheese filling over it. Bake 35 minutes at 225°C. (435°F.)

* * *



FRESH CREAM CHEESE STOFFIE (202)

2 liters fresh whole milk 75 ccm buttermilk

Heat milk in a heavy saucepan over low heat (90° to 100°F). Stir in the buttermilk. Cover with a kitchen towel at room temperature until mixture forms a soft curd (about 24 hours). Line a large colander with a clean white muslim cloth. Pour in mixture and allow to drain 10 minutes. Fold cloth ends over curds to cover. Place colander over a large bowl and put in a cool place for 8 hours or until cheese forms. Put in smaller container. Store up to 4 days.

This is the cheese used for cheese pies. However most people in Belgium buy it ready made from local farmers.

* * *

RICE PIE FILLING (203)

Wash 200 grams of rice, drain and add a hunk of butter and 1 1/2 liter warm milk and 250 grams sugar. Keep

stirring but do not cook until too thick. Add 6 egg yolks, cook a few minutes more. Beat egg whites and sugar vanilla. Fold into cooked mixture just before pouring into picked pie crust. Bake.

* * *

RHUBARB PIE FILLING (204)

1/2 liter milk 3 egg yolks
15 sugar cubes 1 sugar vanilla

Mix 1 cup milk with egg yolks and 1 tablespoon cornstarch. Boil milk and sugar keep stirring add egg mixture slowly. Heat until thick don't boil. Pour over picked pie crust, add rhubarb pieces on top, dot with butter and bake 250°C (480°F).

* * *

FRUIT PIE FILLINGS (205)

Arrange fresh fruit (plum halves, sweet cherries, etc.) on picked crust. Thicken some juice with sugar and cornstarch pour over fruit and bake. Bake crust with a weight to keep shape. Strawberry pies can have a layer of vanilla pudding on the crust before arranging the strawberries. Cover with a little thickened juice. Do not bake again.

* * *

HARD ROLLS (PISTOLETS) (206)

1/2 cup lukewarm water 1/2 tablespoon sugar
12 teaspoon salt 1 tablespoon melted butter
2 cups flour 1 egg white stiffly beaten
1/2 package dry yeast dissolved in 4 tablespoons warm water

Measure water into a large bowl. Add sugar, salt, butter and 1/2 cup flour. Beat until well blended. Add dissolved yeast, rest of flour, mix, add egg white, mix well. Knead dough on floured board. Place in a greased bowl. Grease top of dough and cover it. Let raise to

double about 1 1/2 hour. Punch down, let raise again about 45 minutes. Punch again and make 12 rolls. Place rolls 2 1/2 inches apart on a greased baking sheet. Cover, let raise 45 minutes. Bake at 450° for 20 minutes. For a crisp crust place a flat pan of boiling water on the bottom of oven while baking.

* * *

November 22 is Saint Cecilia Day, she was the Patron Saint of Musicians. When winter comes slowly, it is here for Saint Clement, November 23, is a saying from Belgium as well as; at Saint Catherine, November 25, all wood grows roots. So it is a good time to plant trees. By November 26, Saint Flora, nothing will bloom anymore, because the winter season is at hand.

Years ago weddings were performed in church at a morning mass, with breakfast for the bridal party served at a near-by tavern, while friends and relatives enjoyed a few glasses of beer. Dinner and supper of Kermis style was served at the brides home. Now weddings are performed at a church, in an afternoon mass, after which the bridal party may go bar hopping to show off their bridal attire. In some cases the wedding is performed by a judge.

Supper is served for friends and relatives at a local bar and hall that serves buffets or country style meals, after which dancing follows.

In Belgium weddings are first performed by a judge and later the same day or several days later in church at an afternoon mass followed by a reception, at a night club or rented rooms of a castle, which includes champagne or other drinks and hors d' oeuvres. This is followed by a dinner served in courses that require several hours and than a dance. Gifts are presented to the Bride before the wedding and flowers or plants are given at the place where dinner is served.

In Wisconsin, men who enjoy hunting have a deer hunting

* * *

APPLE PIE (208)

Prepare enough plain (unraised) pie crust dough for 2 crusts. Roll half of dough, roll about 1/8 inch or so thick. Line a pie pan, fill with sliced apples. Mix 1/2 to 1 cup sugar (depending on the sweetness of the apples) and 1 tablespoon flour. Spread over the apples, sprinkle with cinnamon, dot with butter. Roll out rest of the dough. Press or flute the 2 layers of dough (top and bottom) together, to prevent juice from spilling out, cut holes in the top crust to let out steam. Brush milk over the top crust and sprinkle with a little sugar. This will give the top crust an appetizing color.

* * *

WINTER SQUASH (209)

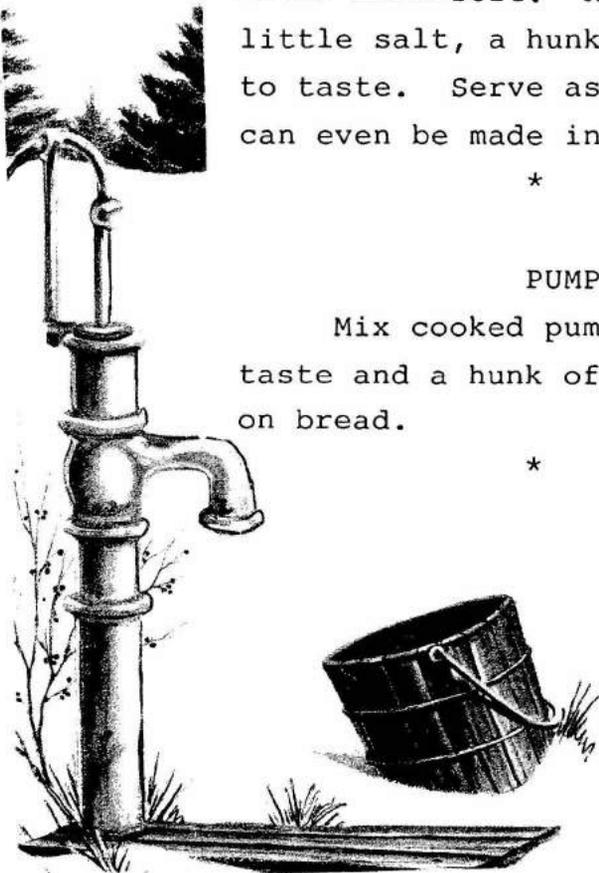
Squash can be cut in half, remove the seeds and place cut side down in a cake pan with a little water and baked until soft. Remove the pulp from the skin, add a little salt, a hunk of butter and brown sugar or honey to taste. Serve as a hot vegetable with the meal. It can even be made into a pie instead of pumpkin.

* * *

PUMPKIN BUTTER (210)

Mix cooked pumpkin pulp with sugar and cinnamon to taste and a hunk of butter. Makes a good spread to use on bread.

* * *



ROAST TURKEY (211)

Clean, wash, pat dry, rub cavity lightly with salt. Just before roasting, stuff with dressing. Fasten opening with skewers and lace shut. Tie leg end to the tail and criss cross the cord over the back and around the base of wings, tie. Dressing can even be inserted in wishbone, neck cavity. Brush the entire bird with butter. Place in an open roaster, breastside up, basting often. When golden brown, release the cord that holds the parts together, cover and continue to bake at 325° until the legs can move or twist out of joint easily. Remove turkey from roaster and keep warm while preparing gravy with the drippings in the pan. A ten pound turkey needs 4 to 6 hours of baking time.

* * *

DRESSING OR STUFFING (212)

1 cup butter 3/4 cup finely chopped onion
12 cups bread crumbs or cubes
1 1/2 cup chopped celery stalks
1 tablespoon salt 1 teaspoon pepper
turkey giblet boiled and ground
1 tablespoon dried sage and or thyme

Melt butter in skillet, add onions, cook, add bread, turn into a deep bowl, mix remaining ingredients, add just enough hot water to moisten the dry crumbs. You can add the cooked giblets and even use the water they were cooked in. Other optional additions can be some browned bulk pork sausage, 1 cup chopped apples or 2/3 cup coarsely chopped nuts. Stuff the turkey just before roasting.

* * *

SWEET POTATOES (213)

Can be baked and served as you would white potatoes. They can also be sliced and added to a boiling mixture

of 1 cup brown sugar, 1/4 cup butter, 1/2 cup water and 1/2 teaspoon salt in a heavy skillet. Cook about 20 minutes until potatoes are tender and carmelly. Stir often.

* * *

RAW APPLE CAKE (214)

4 cups grated apples	2 cups sugar
1 cup oil	1 teaspoon salt
2 teaspoons baking soda	1 teaspoon vanilla
1/2 cup chopped nuts	1 teaspoon cinnamon
2 cups flour	1 teaspoon nutmeg
2 eggs well beaten	

Mix sugar and apples, add oil, vanilla and nuts. Mix in the flour, salt, soda, nutmeg and cinnamon. Stir in the beaten eggs. Bake one hour at 350°F.

* * *

When someone died the body was viewed in a coffin in a room at the persons home for 2 or 3 days. Several neighbor men gathered at the home each night and at least one rosary was prayed by the family and friends then the men continued the wake until morning. Today the wake and prayer service are held at a funeral home.

On the funeral morning the family and friends travel to the church behind the hearse which is lead by a police car. After the funeral a luncheon is held at a local eating place or in the church basement, with friends and relatives bringing a dish to pass.

In Belgium funeral homes are just begining to be used. Many bodies are still viewed in the homes or even at the hospital. Because people live in villages, friends and relatives walk in parade fashion behind the hearse which is covered with flowers, to the church. After the funeral the procession continues to the cemetary.

W I N T E R H O L I D A Y S

November 30th is Saint Andrew's Day, nights are longer than the days. If it snows on this date it can last 100 days. This is the day that determines the date of the first Sunday in Advent, which is always the nearest Sunday. This Sunday is the Sunday to begin using the Advent wreath and lighting the first candle.

From now until Christmas here in the United States, is the Christmas preparation time. A time for sending Christmas cards, decorating, putting up special lights, baking cookies, making candy, putting up the tree, shopping for gifts, reading Christmas stories, listening to Christmas music and preparing a Crech.

Early settlers didn't have access to beautiful decorations and lights, but evergreen branches and trees could be brought from the woods and the tree was stood in the corner in a homemade tree stand. It could be decorated with strings of popcorn, a few fruit, and goodies mother prepared in her kitchen. Gifts were also handmade. If any lights were used they were handmade candles.

If it is cold on December 1st Saint Eloi Day there will be four cold months to follow. December 4th is Saint Barbara's Day, on this day in various parts of Europe it is customary to bring in branches of fruit trees, put them in water to force them to blossom by Christmas time.

December 6th is Saint Nicholas' Day. In Belgium, people start preparing for this day in November. Saint Nicholas was a Bishop of Myra in Asia Minor. He came from a rich family but devoted his life to helping the poor and less fortunate with gifts and money. An old legend tells how a poor family had three daughters that would not be able to get husbands. These daughters came from a family that couldn't afford a dowery for the groom so they would be forced into slavery. But when Saint Nicholas found out about this he threw gold pieces through their window for

their doweries. God rewarded the Bishop's generosity by giving him permission to walk the earth on his feast day, bringing gifts to all good children. He is known as the special saint of children. Pere Fouettard, who travels along with Saint Nicholas, might scold children that have been bad or even have them recite a prayer and make them promise to be good. At this, Saint Nicholas in his flowing robe, miter and staff will chase Pere Fouettard away and give the children gifts, fruits, nuts and sweets. Among the sweets will be special cookies known as "Speculoos". Speculoos are available at stores or bakeries, but they can be home baked.

BELGIUM SPECULOOS (215)

1 kilogram flour	800 grams brown sugar
1 coffee spoon cinnamon	1/2 kilogram butter
1 coffee spoon "4 spice"	5 whole eggs
1 coffee spoon soda	200 grams ground almonds

Cream the butter, add sugar, cinnamon and beaten eggs. Mix the flour, 4 spices, ground almonds. Stir into first mixture add the soda and 3 or 4 soup spoons of milk and mix. Let the dough rest 48 hours in a cool place. Use a Saint Nicholas form sprinkled with flour. Fill the form with dough and press it in to give it shape, remove it to a cookie pan and bake 20 minutes until done. Maybe you will be able to bake several at a time on a cookie sheet.

* * *

SPECULOOS (216)

3 cups flour	1 cup sugar
1 egg	3/4 cup melted butter
1/2 cup ground almonds	3 tablespoons milk
2 teaspoons vanilla	1 teaspoon cinnamon
1 teaspoon cloves	1/2 teaspoon coriander
1/2 teaspoon nutmeg	1/4 teaspoon cardamon



Belgian Dancers performing on “Belgian Days” in



Strawberry creme crepes



Upper Left: Southern Door Principal as Saint Nicholas with one of the boys as Pere Fouettard in a Christmas program.

Upper Right: Jean Jacqmot of Belgium as Saint Nicholas at the school where his daughter Jacqueline teaches.

Lower Right: Ivan Draize as Saint Nicholas for the Tassoul grandchildren. Matthew dressed as Pere Foettard.



2 teaspoons baking powder

In a large bowl mix together the flour, sugar, ground nuts, baking powder, cinnamon, cloves, coriander, nutmeg and cardamon. Make a well in the center. In another bowl beat eggs, stir in the butter, milk and vanilla. Add the egg mixture to the flour mixture, stir to form a stiff dough.

* * *

The spice called "4 spice" is sold as such in Belgium. It is actually a pastry spice which includes cinnamon, nutmeg, ginger and cardamon. There is also a delicatessen 4 spice combination. This 4 spice includes cloves, nutmeg, ginger and cardamon and is used in meats.

The families of the Belgian settlement of Door, Kewaunee and Brown counties have celebrated Saint Nicholas Day and or eve. I can remember as a child, Saint Nicholas eve as a scary time. Groups of costumed Saint Nicholases, dressed more like Santas or in old grubby clothes and a Santa mask and cap would come to the homes. They knocked hard on the door and the adults in the family answered the door and let them come in. When in the house, sometimes they made us pray and before leaving they threw handfuls of peanuts all over the house. I was told that they were Saint Nicholas' helpers, checking to find the good and bad children.

Before going to bed we placed a bowl on the table. in the morning there would be cookies in the bowl (frosted sugar cookies) and maybe a bag of oranges as well as some nuts and candy. We would also find a treat in our desk at school. The custom is still practiced to some extent, however it is being lost as the younger generations become adults.

In Belgium, Christmas Eve and Christmas Day are for the most part a religious holiday and a time for family get-togethers for a big many course meal, visits and renewed

hot melted butter. Beat the 2 mixtures as you pour the egg mixture into the butter mixture; 500 grams butter, 375 grams powdered sugar, and 5 eggs. The frosting is best when cold bowls are used and the beating is done in a cold room. Use frosting as is to frost between layers and ends of log. Divide the rest of the frosting in 2 bowls. Beat melted chocolate in one, and a little very strong coffee in the other. One cake will have chocolate frosting and the other mocha. Use a fork to create a bark effect.

* * *

CREAM OF BUTTER FROSTING (219)

150-175 grams sugar 150-175 grams butter
2 egg yolk 1/10 liter water

Heat water and sugar, pour over egg yolks and beat. Pour over soft butter, mix with a wooden spoon. Add strong coffee or chocolate.

* * *

CREAM FROSTING (220)

3 egg yolks 125 grams sugar
2 tablespoons cream 120 grams butter

Beat all together to make a nice cream frosting.

* * *

CRAMIQUE (221)

1 package yeast 1 cup milk
1 cup lukewarm water for compressed yeast or warm for dry
1/2 cup sugar 2 eggs beaten
1 teaspoon salt 1 tablespoon water
1 teaspoon cardamon 1/3 cup butter
7 cups sifted flour 1 cup seedless raisins
confectioners sugar icing optional

Soften yeast in water. Scald milk, add sugar, salt, cardamon and butter. Cool to lukewarm. Add 2 cups flour

and beat well. Add softened yeast, raisins and eggs. Add enough of the flour to make a soft dough. Turn out on a lightly floured board and let rise in a warm place until doubled (about 1 1/2 hours). When light punch down and divide in two, let rise about 10 minutes. Shape 2 round loaves and place in 9 inch round pans. Let rise until doubled about one hour. Mix eggs and water, brush over tops of loaves. Bake 375°F. 40 to 45 minutes, cool, frost if desired.

* * *

CROQUETTES OF POM DE TARRE (222)

Boil potatoes in salt water, drain, dry, rice. Add pepper, nutmeg and 3 egg yolks. Make into walnut size ball. Beat egg whites with one tablespoon of corn oil (beat with a fork). Put balls in egg white mixture. Roll into cigar shape and dip in dry bread crumbs or flour. Let rise for a few hours. Cook a few at a time in boiling oil until brown.

* * *

POM DE FINE (223)

Cook potatoes, mash, let rest. Add 5 egg yolks, beat hard and add a little pepper and nutmeg and let rest. Fold in beaten egg whites the last minute. Do not roll in anything. Drop by spoonfuls in boiling oil, five or six at a time until brown.

* * *

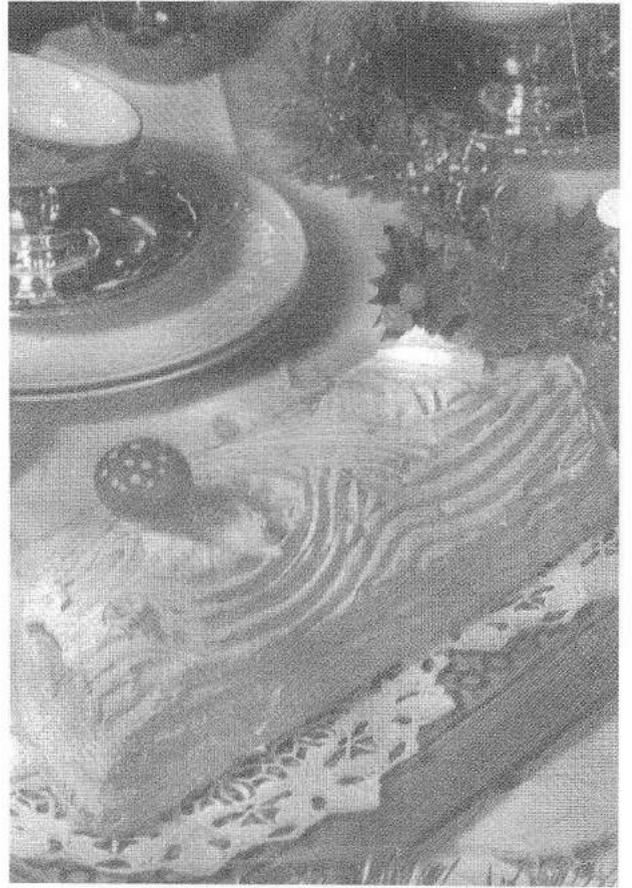
CHOCOLATE TRUFFLES (224)

200 grams dark baking chocolate
200 grams light baking chocolate
2 soup spoons fine sugar 1 pack vanilla sugar
4 eggs yolks 250 grams unsalted butter
cocoa powdered sugar

Melt both kinds of chocolate with a little milk.



"Buche De Noel" (Christmas log cake) is a favorite dessert served after the Christmas dinner in Belgium. It can be decorated with greens, berries, mushrooms and even figurines or a nativity scene.



Ashley Tassoul and Margaret Draize examining a "Buche De Noel" before serving it.



The Christmas breakfast in Belgium usually consists of cramique (a raisin bread) and or Croustade (a sweet bread in the shape of a belly with a head on each end) served with blood sausage and coffee.

We always used raisins to represent the eyes and nose and navel. In Belgium infant Jesus candy are available in the stores to use for the navel.

When well melted add egg yolks and beat fast to mix. Add butter or butter could have been added to the chocolate. let cool until a little stiff. Take small teaspoons of it and roll in cocoa and powdered sugar mixture. Set on wax paper in a cool place to set. Store in a covered container, in a cool place.

* * *

Years ago in this part of Wisconsin, the day before Christmas was a meatless day. People attended Midnight mass and during the night Santa Claus came down the chimney, trimmed the tree and left gifts for the children. Before leaving he drank the glass of milk and ate the cookies the children left for him. The tree of course was in a cold unheated parlor. Early the next morning the children got up to see if Santa Claus had stopped in and what he had left.

At noon everyone met at Grandma's house for dinner. The meal was likely to include baked or stewed chicken, beef stew, mashed potatoes and gravy, peas and carrots, jut, pickles, canned pickled beets, canned crab apples, Christmas cookies, candy, nuts and Cougnou (which represents the Christ child).

People always hoped for a white Christmas because it was thought that a brown Christmas meant a full cemetery.

COUGNOU (225)

1 cup milk	6 eggs
1 cup mashed potatoes	3/4 cup shortening
1 cup sugar	flour
pinch of salt	

small bar of yeast dissolved in 1/2 cup lukewarm water

Melt shortening, add mashed potatoes then the sugar, mix well, add 1 cup flour, the milk then the eggs and yeast. Knead into a soft dough. Let raise until double, make balls about the size of an orange, shape in a cougnou,

and decorate.

* * *

WHITE COOKIES (228)

1 cup shortening 2 cups sugar
2 eggs 1 cup buttermilk
1 teaspoon soda 2 teaspoons baking powder
enough flour to make a cookie dough
vanilla or lemon extract

Roll, cut and bake.

* * *



MOLASSES COOKIES (229)

3 cups sugar (half brown) 2 eggs
2 cup lard 4 teaspoons baking powder
1 cup molasses 1 teaspoon pepper
1 1/2 cups sour cream 1 teaspoon salt
flour to thicken

Roll and cut into shapes (boys and girls, etc.) bake about 10 minutes or until done, cool, frost and decorate.

* * *

OLD FASHIONED OATMEAL COOKIES (230)

1 cup raisins 2 eggs
1 teaspoon baking soda 1 cup water
2 1/2 cups flour 1 teaspoon cinnamon
1 teaspoon salt 1/2 teaspoon cloves
1 1/2 cups sugar 2 cups oatmeal
3/4 cup shortening 1/2 cup chopped nuts
1/2 teaspoon baking powder
1 teaspoon vanilla

Heat raisins and water to boiling, reduce heat to medium. Simmer uncovered until raisins are plump about 15 minutes. Drain and reserve liquid or add enough water to make 1/2 cup. Mix sugar, shortening, vanilla and eggs in a large bowl. Mix in raisin liquid. Stir in remaining

ingredients. Drop teaspoonfuls about 2 inches apart on a greased cookie sheet. Bake until light brown, 8 to 10 minutes. Makes about 6 1/2 dozen.

* * *

GINGER SNAP COOKIES (231)

1 cup sugar	1 tablespoon soda
1 cup shortening	1 tablespoon ginger
1 cup molasses	1 teaspoon salt
2 eggs	

Flour enough for soft dough, (about 4 cups). Form in balls about the size of a walnut. Do not flatten down. Dip top in water then in white sugar. Place on a greased cookie sheet. Bake at 350°.

* * *

MY FAVORITE FRUIT CAKE (232)

3 cups pecans whole	3/4 cup flour
3/4 to 1 pound pitted dates coarsely chopped	
3 cups or more whole maraschino cherries	
3/4 cup sugar	1/2 teaspoon baking soda
1/2 teaspoon salt	1 teaspoon vanilla

Combine nuts, dates, and cherries. In a separate bowl stir flour, sugar, baking powder and salt. Add to fruit mixture, stirring until nuts and fruit are well coated. Beat eggs until foamy. Stir in the vanilla. Mix well. Pour into a greased and wax paper lined 9 inch by 5 inch by 3 inch loaf pan. Bake at 300° for one hour and 45 minutes. Cool 10 minutes in pan before removing to a wire rack.

* * *

ANGEL FOOD CANDY (233)

1 cup brown sugar	1 cup white syrup
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Boil together in a heavy saucepan to 300° on a candy thermometer. Take off of stove and add 2 heaping teaspoons

baking soda. Don't mix too much. Pour on a buttered cookie sheet. When cool break into pieces and dip in melted chocolate, place on buttered cookie sheet to cool. Store in a covered container.

* * *

EASY CHOCOLATE TRUFFLES (234)

8 ounces cream cheese 3 cups powdered sugar
12 ounces semi sweet chocolate melted
1 teaspoon vanilla

Beat cream cheese until smooth. Gradually add sugar, beating until blended. Add melted chocolate and vanilla. Mix, chill about one hour. Shape into one inch balls and roll in ground nuts, cocoa or whatever you desire.

Optional; instead of vanilla you could use liquer, almond extract, coffee or orange.

* * *

OLD FASHIONED CHOCOLATE FUDGE (235)

2 squares unsweeted chocolate
1 cup milk pinch of salt
2 tablespoons butter 2 cups granulated sugar
1 teaspoon vanilla 1 tablespoon light corn syrup

Mix chocolate and milk in a heavy saucepan. Cook over low heat, stirring constantly. When it begins to thicken add salt, syrup and sugar. Stir till it boils. Cover and cook one minute. Remove lid and insert a candy thermometer. When it reaches 236°F stir in the butter. Place sauce pan in a pan of cold water. When it is cooled to almost 100°F add vanilla and beat until it loses its glassy appearance. Nuts can be mixed in. Pour in an 8 inch square pan, cool, and cut into squares.

* * *

SEA FOAM (236)

Make on a dry day.

1/2 cup water	1/2 cup light corn syrup
2 egg whites	pinch of salt
1 teaspoon vanilla	2 cups sugar white or brown
1 tablespoon vinegar	nuts optional

In a heavy saucepan boil water, syrup and salt. Add sugar and vinegar. Bring to a boil, cover, cook 3 minutes. Uncover and insert thermometer. Cook until 260°F. Beat egg whites in a separate bowl until stiff enough to hold shape. Pour syrup in a thin stream over egg whites. Beat slowly, add vanilla and beat until it holds its shape. Drop by spoonfuls on a buttered cookie sheet.

* * *

A big dinner in Wisconsin is served with everything on the table at one time or at least in just two courses, with the second course being desserts. Another method is buffet style, with a possible extra table for desserts. Everyone picks up a plate and moves along the buffet, selecting and serving themselves and then moving to a table where they can sit and enjoy their food, but returning to the buffet for as many refills as they wish.

A big dinner in Belgium is usually a several course sit down dinner. The first course is likely to be a delicious soup. The second course could be a salad including fish or Coquille St. Jacques served with white wine. The third course might be creamed chicken pieces with mushrooms and cheese in a flaky French style puff pastry, served with a pink wine. Next is the main course with possibly two kinds of meat, croquettes, French fries or other potato dish and vegetables with dark red wine. This is followed by different cheeses, dark bread and coffee. Last comes the desserts big Belgian pies, tortes and maybe even some waffles. Between each course there is time out for story telling, singing or even a short walk. The whole thing might even end with Champagne. The whole process requires several hours but is a complete

eating and entertaining experience.

COQUILLE ST. JACQUES (237)

Cook one pound of washed scallops or shrimp and one pound fresh sliced mushrooms in one cup dry white wine or dry white vermouth, 1/2 teaspoon salt, pinch of pepper and 2 tablespoons cut up shallots for 5 minutes. Remove scallops and mushrooms with a slotted spoon and set aside. Boil down the liquid to 1 cup.

White Sauce; Melt 3 tablespoons butter, saute 3 tablespoons chopped shallots, stir in 4 tablespoons flour. add the hot cup of liquid, 3/4 cup milk, with 2 egg yolk blended in then boil one minute and add 1/2 cup cream. Season with salt and a tablespoon of lemon juice. Stir in the scallops and mushrooms. Spoon into baking cockle shells. Sprinkle with a few bread crumbs, shredded cheese and dot with butter. Broil to brown the top of sauce. Serve.

* * *

MUSHROOM CREAMED CHICKEN (238)

In a Flaky Patty Shell

Simmer a whole 2 1/2 to 3 pound chicken in water with a few sprigs of celery leaves and a couple of teaspoons of salt until meat comes off the bones easily. Drain, reserving stock. Cool slightly, discard skin and bones. Cut meat into bite size pieces.

Cook 1/2 cup chopped celery and 1/2 cup shallot in 1/2 cup butter, a cup or more sliced mushrooms; cook 1 to 2 minutes. Blend in 1/3 cup flour and 1 1/2 cup (more if needed) stock liquid and 1 cup cream. Cook and stir until bubbly. Add chicken pieces and 1/4 cup dry sherry, 2 tablespoons snipped parsley, 1/4 teaspoon salt and a dash of white pepper. Cook 2 minutes. Serve in flaky patty cups shells.

Optional; top with a few slices toasted almonds.

E X T R A B E L G I A N R E C I P E S

SEASONED BUTTER (239)

To use on baked potaotes, steaks, etc.

Mix;

1/2 pound soft salted butter

small glass of cut up fine parsley

3 shallots cut fine or cut into 4 pressed in garlic press

1 teaspoon lemon juice

Allow to harden and make into loaves, roll in aluminum paper and store in a cold place. Cut into little slices when needed.

* * *

HOMEMADE NOODLES (240)

Combine 2 beaten eggs, 3 tablespoons milk and 1/2 teaspoons salt. Add enough flour to make a stiff dough (about 2 cups). Roll dough thin on a floured surface. Let stand 20 minutes. Roll up loosely. Cut into slices about 1/4 to 3/8 inches thick. Unroll; cut in desired lengths. Spread out and let dry or drop in soup or Chicken Booyah during the last 10 to 15 minutes of cooking.

Extra noodles should be allowed to dry then store in an air tight container. Store container in a cool dry place until ready to use.

* * *

CURLY WHITE LETTUCE (ENDIVE) (241)

Boil potatoes, drain. Saute fat pork, onions (don't brown), vinegar, mustard, salt and pepper. The amounts of the ingredients depend on the individuals taste. Put the lettuce on the hot potatoes, pour the hot sauteed sauce over the potatoes and lettuce. Mix all and serve.

* * *

RED CABBAGE (242)

Mix and let stand. Mix every 1/2 hour.

cut cabbage fine salt and pepper

1 shallot cut up 2 or 3 tablespoons vinegar

Cook some bacon or fat pork, cut up. Cook potatoes, drain. Dump hot potatoes on cabbage. Pour hot melted fat and meat (bacon or side pork) over all and mix. Serve hot.

* * *

WHITE CABBAGE (243)

Cook cabbage in salt water and drain, cut it up. Save one cup drained water. In a sauce pan melt butter, stir in flour for white sauce (not too thick and not too thin). Add water and milk, salt and pepper. Add the cut up cooked cabbage and cut up pieces of ham (2 slices per person). Mix all in a casserole. Dot top with butter chunks and shredded cheese. Bake until heated thoroughly. Serve with potatoes mashed with milk, eggs and butter.

* * *

BREAD OF POTATOES (244)

Boil potatoes, drain, rice, add 2 egg yolks. lots of nutmeg, salt and pepper, butter, parmesan cheese, mix by hand. Form into a loaf, make a design on the top with a fork. Beat the egg whites to foam. Spread the foam over the loaf and dot with pieces of butter, heat and brown in the oven. Serve hot.

* * *

RATATOIE AU POIREAU (245)

Cut up the white part of leek in boiling water, cook, when tender add potatoes, cook then mash. Mix in the sauce.

Sauce; fry a few strips of bacon, break into bits. Melt a hunk of butter. Add a little water and vinegar and pepper and salt. Thicken with a little flour. Mix

into mashed vegetables. Slice boiled eggs over the whole thing.

* * *

JUT AU CELERY ROOT (246)

Cook together in salt water, equal amounts potatoes and celery roots. Drain, add a hunk of butter an egg yolk, nutmeg, parsley and milk. Blend together. Make ahead. Heat when ready.

* * *

PRUNE WITH VINEGAR (247)

For sauce or for extra vegetables.

100 prunes pick with a needle 3 or 4 times
1 stick cinnamon 10 or 12 whole cloves
1 liter wine vinegar 1 pound sugar cubes
a little more than a pound of crystal brown sugar

Boil vinegar, sugar, cinnamon and cloves. Pour boiling mixture over prunes. Let stand 2 or 3 days than boil until prunes split. Let cool, put in a sealed container. They will be good for one or two years on a shelf in the cellar. These prunes are used in preparing meat dishes.

* * *

QUICHE LORRAINE (248)

Make dough for crust in the morning. Two cups flour in a bowl. Make a hole in the center of the flour in which you put one whole egg, 1 teaspoon baking soda and one tablespoons cold water, also 125 grams of soft butter (but not melted). Mix dough until made, but do not add flour. Let rest until just before supper.

Filling; 300 grams bacon cut up small, 300 grams smoked ham cut up small, 300 grams shredded gruyers cheese, 10 eggs. Beat eggs, add the small pieces of meat and one cup sweet cream and cheese except a handful for the top.

Pour into the pie crust and sprinkle rest of the cheese. Bake about 45 minutes. Serve with wine. Use a 12 inch or more pie pan.

* * *

SHRIMP IN SAUCE (249)

Boil fresh shrimp, about 10 per person, devein. Cook one onion, cut up in butter but don't brown. Put in the shrimp, cook slowly 10 to 15 minutes. Add salt and pepper, one clove, garlic, one tablespoon pureed tomato and 6 or 7 tablespoons white wine. Cook 2 or 3 minutes more. Add 100 grams fresh cream, mix and serve with rice.

* * *

SPAGHETTI SAUCE (250)

Brown in butter.

1 pound pork and veal mixed

1 pound beef

1 big onion

Stir with a fork to break up fine. Add a large can of tomatoes, 1 small can of tomato paste, season with salt, pepper, thyme, 1/2 teaspoon dry mustard, a bayleaf, 4 shakes of worchestershire sauce, 4 bouillion cubes, 2 tablespoons white sugar and cook slowly for 3 hour. While cooking add; 1 carrot chopped fine, 3 or 4 stalks of celery chopped fine, add water as needed. When ready to serve add a few tablespoons of wine or cream, 100 grams of spaghetti is enough for 2 people. Serve on spaghetti, top with grated cheese.

* * *

MAYONNAISE (251)

1 egg yolk

1 teaspoon brown mustard

1/2 teaspoon salt

pinch of white ppper

1/2 cup olive oil (add by drops while mixing) mix well

add the juice of 1 lemon

For tartar sauce to use with french fries, add chives

WINES AND OTHER ALCOHOLIC DRINKS

CHOCHECHERRY, CHERRY OR GRAPE WINE (253)

Boil $\frac{3}{4}$ of a pail of water, cool and pour over a pail of mashed grapes or cherries. Add $1 \frac{1}{2}$ pound of sugar per gallon (in a large crock). Let stand in a warm place. When done fermenting strain, measure and replace in the cleaned crock. Add $1 \frac{1}{2}$ pounds of sugar per gallon of juice. Let stand when done fermenting, strain and bottle.

* * *

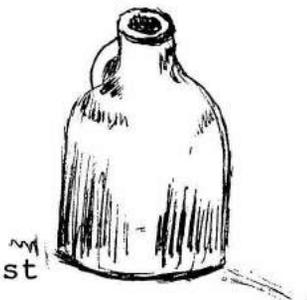
CLOVER WINE (254)

To every gallon of clover blossoms, add one gallon boiling water. Let stand 24 hours. Strain, measure. To each gallon of liquid add 3 pounds of sugar, 2 oranges cut up, 1 lemon cut up, some raisins and $\frac{1}{2}$ packet dry yeast. Let stand in a stone jar for about 8 days. Stir every day, than bottle.

* * *

BEEET WINE (255)

5 pounds beets	1 pound raisins
7 cups sugar	1 small cake yeast



Wash and cut up beets. Cover with water and cook until tender. Drain juice and add enough water to make 1 gallon. Put in crock and add sugar and raisins, 1 piece of toast with the yeast crumbled on it to float on juice. Let stand 1 week. Strain, put in a gallon jug with a cover on it. Let stand until clear, about 2 weeks. Take off the wine from the top of the bottle.

* * *

CARROT WINE (256)

4 pounds carrots 1 ounce yeast
3 1/2 pounds sugar 1 gallon water
1/2 ounce hops

Scrub carrots and cut into pieces. Put in a kettle with 1 gallon cold water, boil until tender, strain, measure liquid and put back in kettle with 3 1/2 pounds sugar and 1/2 ounce hops. Stir well and just bring to a boil. Strain. Spread yeast on a slice of toast and float it on the liquid. Cover and leave for one week. Strain, bottle, and cork. Ready to drink in six months.

* * *

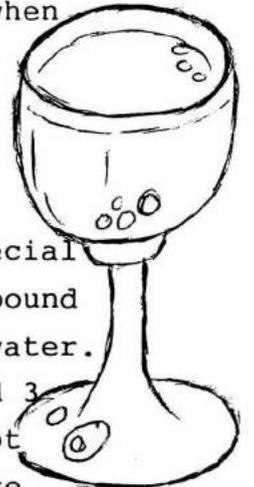
CELERY WINE (257)

Put 3 gallons of cut up celery in a crock and add 4 gallons of boiling water. Let stand 3 days. Strain and measure than add 3 pounds of sugar to each gallon of liquid, 1 orange cut up, and 1 lemon cut up. Boil 1 minute and add a small packet of yeast for every 3 gallons when it is lukewarm. Let ferment, strain and bottle.

* * *

BEER (258)

This recipe was often made for the Kermis or special celebrations. Dissolve 3/4 pounds of sugar and a 3 pound can of hops flavored malt syrup in 2 gallons of hot water. Stir until ingredients are thoroughly dissolved. Add 3 gallons cold water into a clean crock, and add the hot malt and sugar mixture. The total mixture temperature should be between 60° and 68°. Dissolve a package of dry yeast in a cup of warm water (about 70°) and add it to the mixture in the crock. Mix thoroughly. Cover with a clean cloth and let stand 4 or 5 days. Skim off the foam each day. It is ready for bottling when no more gas



bubbles appear. Add 1 teaspoon sugar to very clean quart bottles before syphoning the beer into it. Cap, store in an upright position in a cool , dark, place for 7 to 10 days. Cleanliness of all utensils is essential for good results.

* * *

GRAND MARINER LIQUOR (259)

To 1/5 bottle of whiskey add small peeled rind of 2 oranges and 4 sugar cube. Stir to dissolve. Let stand about a month and strain.

* * *

ORANGE LIQUOR (260)

1 liter Genieve (30-40°) 40 sugar cubes
1 orange with 40 cuts and poke a grain of coffee in cuts
1 orange with 6 gashes 1 stick of cinnamon

Store in a jar and let stand 40 days.

* * *

CHERRY LIQUOR (261)

1 kilogram cherries 1 kilogram sugar
1 liter 94% alcohol 1 liter water

Mix and put in sun a few days to dissolve sugar. Stop tight and seal, let stand 2 months. It is best to use strong alcohol deluded with distilled water for best taste.

* * *

BERRY LIQUOR (262)

Strawberry, raspberry, blackberry, etc., can be used. In a large bowl stir in 2 quarts of berries and 1 quart vodka. Cover and keep in cool place for 5 days. Strain and press gently to get all the juice. Add 2 cups light corn syrup and 1 cup sugar. Stir until sugar dissolves. Pour into a tightly covered glass container. Let stand

3 days before serving.

* * *

ORANGE COFFEE LIQUEUR (263)

peel of orange (peel with a parer in a continuous spiral)

4 cups sugar 4 cups water

1 2oz. jar instant coffee

1/2 cup brandy 4/5 quart vodka

1 vanilla bean

In a large saucepan, combine the sugar and water, stir to dissolve. Boil 10 minutes. Remove from the heat and stir in the instant coffee. Cool before adding the brandy and vodka as well as the vanilla bean and orange peel. Pour into a large jar with a tight fitting cover. Place in a dark, cool place for 8 days, but shake once a day. Remove vanilla bean and orange peel. Let stand a couple weeks. Before serving shake.

* * *



Ivan Draize sharing a song between the courses of a club dinner in Belgium.

O L D T I M E R E C I P E S

These old time recipes were found in old hand written books or are from old friends.

TO CLEAN ALUMINUM KETTLES OR COOKERS (264)

One teaspoon cream of tartar to each quart of water.
Bring to a rolling boil, then let stand overnight.

* * *

SALVE FOR BURNS (265)

2 ounces mutton tallow 10¢ camphor square
10¢ vaseline

* * *

FOR EARACHE (266)

Grate one medium onion, wrap in a dishcloth and place over the affected ear, to sleep.

* * *

FOR FEVER (267)

Put slice of onion on the bottom of the persons feet and put stockings over this.

* * *

FLY TRAP (268)

Cut plastic pop bottle and put stale beer or jam in the bottom part. Tip the top part over and secure with a wire to form a handle.

* * *

HOMEMADE SOAP (269)

4 cans lye 8 gallons soft water
16 pounds meat dripping or rendered pork
1 pound borax water

Place all in a large cast iron kettle and boil one

hour. Pour in shallow wooden boxes, cool and cut into bars the next day.

* * *

FENNEL (270)

This is the onion of the dill plant. Pull off the first leaves and cut up, place in boiling water. When cooked drain (smells like annis) use with white sauce. Add grated Swiss cheese and place under broiler to melt.

* * *

TEA FOR BLADDER INFECTION (271)

Dried cherry pits and stems, hot water and sugar, steep it.

* * *

TEA FOR COLDS (272)

Collect and save tips of spruce tree branches in spring, dry and save until needed. Put a few in a cup, fill with hot water and add sugar.

* * *

FOR INFECTIONS (273)

Collect and tie, in a bunch, the whole plants of Mallows (Mowlet) and hang upside down to dry and save until needed. This plant is usually plentiful in gardens. As they grow they bush out and smother small plants. Put a branch or so of this in a pan of hot water, it will draw out the infections of a body part, by soaking or bathing in it.

STANDARD WEIGHTS AND MEASURES

Make certain all measurements are level.

Dash	=8 drops
1 tablespoon	=3 teaspoons
4 tablespoons	=1/4 cup
5 1/3 tablespoons	=1/3 cup
8 tablespoons	=1/2 cup
16 tablespoons	1 cup dry
1 fluid ounce	=2 tablespoons
1 cup liquid	=1/2 pint
2 cups (16 ounces)	=1 pint
2 pints (4 cups)	=1 quart
4 quarts	=1 gallon
8 quarts	=1 peck dry
4 pecks	=1 bushel
16 ounces dry	=1 pound

Fluid Measure Equivalents

Metric	United States	British
1 liter	4 1/2 cups or 1 quart 2 ounces	1 3/4 pints
1 demiliter (1/2 liter)	2 cups generous or 1 pint generous	3/4 pint
1 deciliter (1/10 liter)	1/2 cup scant or 1/4 pint scant	3-4 ounces
1 liter		1000 ccm

Measure Equivalents

1 gram	.035 ounce
28.35 grams	1 ounce
100 grams	3.5 ounces
114 grams	4 ounces approximately
226.78 grams	8 ounces
500 grams	1 pound 1.5 ounces

1 kilogram 2.21 ounces

Temperatue Equivalents

Fahrenheit -32 x5 divide by 9=Celsius
Celsius x9 divide by 5 +32=Fahrenheit

Canned Foods

- #1 can=10 to 12 ounces
- #1 1/2 or # 303 can=1 pound 17 ounces
- # 2 1/2 can=1 pound 12 ounces to 1 pound 14 ounces
- # 10 can=6 pound 20 ounces to 7 pounds 5 ounces
- # 300 can=14 to 16 ounces
- # 2 can=1 pound 4 ounces or 1 pint 2 fluid ounces
- # 3 can=3 pounds or 1 quart 14 ounces

Metric Equaivalents

1 milliliter =.001 liter
1 liter =1000 milliliters
1 milligram =.001 gram
1 gram =1000 milligrams
1 kilogram =1000 grams

U.S. AND METRIC MEASUREMENTS

Approximate conversion formulas are given below for commonly used U.S. and metric kitchen measurements.

teaspoons	x	5	=milliliters
tablespoons	x	15	=milliliters
fluid ounces	x	30	=milliliters
fliud ounces	x	.03	=liters
cups	x	240	=milliliters
cups	x	.24	=liters
pints	x	.47	=liters
dry pints	x	,55	=liters
quarts	x	.95	=liters

dry quarts	x	1.1	=liters
gallons	x	3.8	=liters
ounces	x	28	=grams
ounces	x	.028	=kilograms
pounds	x	454	=grams
pounds	x	.45	=kilograms
milliliters	x	.2	=teaspoons
milliliters	x	.07	=tablespoons
milliliters	x	.034	=fluid ounces
milliliters	x	.004	=cups
liters	x	34	=fluid ounces
liters	x	4.2	=cups
liters	x	2.1	=pints
liters	x	1.82	=dry pints
liters	x	1.06	=quarts
liters	x	.91	=dry quarts
liters	x	.26	=gallons
grams	x	.035	=ounces
grams	x	.002	=pounds
kilograms	x	35	=ounces
kilograms	x	2.2	=pounds

U.S. Measurements

1 teaspoon	=1/3 tablespoon
1 tablespoon	=3 teaspoons
2 tablespoons	=1 fluid ounce
4 tablespoons	=1/4 cup or 2 ounces
5 1/3 tablespoons	=1/3 cup or 2 2/3 ounces
8 tablespoons	1/2 cup or 4 ounces
16 tablespoons	=1 cup or 8 ounces
3/8 cup	=1/4 cup plus 2 tablespoons
5/8 cup	=1/2 cup plus 2 tablespoons
7/8 cup	=3/4 cup plus 2 tablespoons
1 cup	=1/2 pint or 16 fluid ounces
2 cups	=1 pint or 16 fluid ounces

1 liquid quart

=2 pints or 4 cups

1 liquid gallon

=4 quarts



I would like to thank My Husband Ivan for his patience and help with translations and all the other help he gave me.

I also want to thank the following people for recipes and ideas.

B E L G I U M

Bernadette Vincart-Jauquet	Julia Thirion Demarche
Isabelle Chaidron	Olga Monfils
Jacqueline Jacqmot	Madeline Rondas Monfils
Gilberte Jacqmot	Madeline Lempereur
Gaby Guillaume	Georgette Bournonville
Irene Ronval	Lucy Lambert
Lucien Antoons	Annie Gilles-Tamineaux
Mady Deleveau-Avant	August Jauquet

W I S C O N S I N

Marie Marchant	Rose Lampereur
Doris DuBois	Iva Draize
Adeline La Violette	Carol Stoxen
Mary Vandenhouten	Jovita DeWitt
Hildgegard Jeanquart	Jan Haskell
Ida Vandertie	Arlene Draize
Norma Burger	Emma Fabray
Ruby Beckers	Flora Lampereur
Josie Tassoul	Evanqline Counard
Louise Draize	

Margaret and Ivan today.





This picture is over 100 years old. It was the home where Gaston Ronval was born in Belgium. Mr. and Mrs. Draize make their home, at the Gaston Ronval house in Bioul when they spent time in Belgium.

Temploux. — Hospice St-Joseph et Chaussée de Nivelles.



Draize immigrants came from Temploux.

Watch for these on restaurant menus in Belgium.

GLOSSARY OF FRENCH FOODS AND DISHES

Abricot—apricot
Agneau—lamb
Amandine—made with almonds

Ananas—pineapple
Anchois—anchovy
Artichaut—artichoke
Asperge—asparagus
Aubergine—eggplant

Béchamel—cream sauce
Beurre—butter
Bifteck haché—chopped steak
Blanquette de veau—veal stew in a light cream sauce
Boeuf—beef
Bouillabaisse—Provençal fish soup
Bourguignon (-onne)—made with Burgundy wine

Canard or *caneton*—duck
Carré d'agneau—rack of lamb
Cerise—cherry
Cervelles—brains
Champignon—mushroom
Charlotte Malakov—almond cream and ladyfinger dessert
Chou—cabbage
Choucroute—sauerkraut
Chou-fleur—cauliflower
Citron—lemon
Clafouti—baked fruit and batter dessert

Coq au vin—chicken potted in wine with onions and bacon
Coquilles St.-Jacques—scallops (shellfish)
Côte—cutlet or chop
Crabe—crab
Crème Chantilly—sweetened whipped cream
Crème plombière—custard dessert
Crêpe—very thin pancake
Crevette—shrimp
Croûte (en)—baked in a crust
Crudité—raw salad vegetables

Daube—stew
Dindon—turkey
Duxelles—minced mushrooms

Ecrevisse—crayfish
Epinard—spinach
Escalope de veau—veal scallop
Escargot—snail

Farce—stuffing (or farci—stuffed)
Flambé—flamed, usually with Cognac

Florentine—made with spinach
Foie—liver
Foies de volaille—chicken livers
Fraises—strawberries
Framboises—raspberries
Fromage—cheese

Galantine—boned poultry stuffed with pâté, coated with aspic served cold
Gâteau—cake
Gigot—leg of lamb
Glacé—candied or syruped, usually fruits or chestnuts
Gratin, gratiné(e)—sprinkled with cheese or bread crumbs and browned under the broiler

Haricots—beans
Haricots blancs—white kidney beans
Haricots verts—green beans
Herbes (aux fines)—mixture of chopped parsley, chervil, tarragon and chives
Homard—lobster
Homard à l'Armoricaine (or l'Américaine)—lobster simmered with tomatoes, garlic, herbs

Huitres—oysters

Jambon—ham
Julienne—cut into long, thin slices

Marinière (à la)—a white wine sauce for mussels
Mornay—sauce or flavored with cheese
Moules—mussels
Moutarde—mustard

Niçoise—made in the Nice manner, much like the highly seasoned food of Provence

Oeuf—egg
Oie—goose
Oignon—onion

Parmentier—made with potatoes
Pâté—cold meat loaf, usually of pork, veal and liver
Paupiette—thin slice of meat, rolled and stuffed
Poire—pear

Poireau—leek
Pomme—apple
Pomme de terre—potato
Potage—soup
Poulet—chicken
Provençale (à la)—as in Provence, where food is highly seasoned with garlic, rosemary and thyme and garnished with tomatoes, olives and anchovies

Quenelle—very delicate dumpling made with meat, chicken or fish
Quenelles de brochet—feathery light dumplings made of pike
Quiche—baked, open-faced tart filled with beaten eggs plus cheese, ham, onions or seafood

Ragoût—stew
Ravigote (sauce)—vinaigrette with capers, onions, herbs
Rémoulade (sauce)—mayonnaise with anchovies, capers, pickles
Ris—sweetbreads
Riz—rice
Rognon—kidney
Rôti—roasted

Sabayon (sauce)—a frothy egg sauce often flavored with Cognac
Saucisson—sausage
Soufflé—a baked, puffy egg dish flavored with cheese or fish for a main dish; or fruit, chocolate or liqueur for dessert
Suprême de volaille—boned chicken breast

Terrine—see PÂTÉ
Timbale—certain dishes traditionally served unmolded

Veau—veal
Véronique—garnished with grapes
Vin blanc—white wine
Vin rouge—red wine
Vinaigrette—French salad dressing of oil, vinegar, herbs and spices
Vol-au-vent—puff paste shell which is filled with creamed chicken or seafood



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