

Jim Latham's Tarpaper Cookhouse Recipe Book



Photo courtesy of James Latham III, Kodak Brownie Hawkeye camera.

Somewhere deep in the pines of Central North Carolina this beautiful structure stands.

There are some unique and unusual recipes in this book. You could try them all but I'm not sure where you could get a whole Javalina for the pit barbecue recipe. Never the less you could try some of them. I have either tried the recipes myself or else the contributor has tried them.

The current selection of recipes is pretty sparse. I am in the process of transferring recipes from another database and it is very time-consuming. I will keep after it and will announce in this space when my efforts are complete.

A special thanks goes to the Ciabattari and Blackwell Test Kitchens for testing, reviewing and rating my recipes.

This is a PDF document and to navigate it simply click on the item on the index page. To return to the index hit CNTRL-Home. You may want to adjust the settings in your PDF reader to get the font size more comfortable.

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Feedback is appreciated and emails to me will be answered as soon as possible.

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Notes on My Recipes

Many of the recipes in this collection call for no-fat, low-fat, sugar substitutes and other "Healthy" types of ingredients. If you are concerned with your family's health, and who isn't, I encourage you to experiment with the substitutes below.

Use "Lite" salt instead of regular salt. This is half sodium chloride and half potassium chloride and will reduce your intake of sodium which is known to cause high blood pressure.

Use "Unbleached" or natural grain flours instead of processed white flour. You can even make your own self-rising flour using the following proportions. One cup of "Natural" flour plus 1-1/2 teaspoons of baking powder plus a heaping 1/8 teaspoon of lite salt substitute.

Use margarine instead of butter. I use the brand, in stick form, that is the lowest in calories and the highest in fatty acids that I can possibly get.

Use a sugar substitute that is made from sugar or natural ingredients and that is granular in nature so that it can be substituted on a one for one measure basis. One popular sugar substitute manufacturer has developed a product especially for baking. They say that their sugar blend for baking gives you the sweetness, volume, texture and moistness that you expect but with just half of the sugar you would usually use. A half-cup of their sugar blend for baking replaces a full cup of pure sugar. However, if you simply must have sugar or for those times when only sugar will do, I suggest you use "Raw" unprocessed sugar readily available at your supermarket.

Use one percent low fat milk instead of whole milk. It has all the calcium and less of the fat. Some people prefer two percent low fat milk but for cooking it doesn't seem to make a lot of difference. You might consider serving this healthy food as a drink.

Try Carob in place of chocolate in your recipes. It's certainly healthier for you.

Use an egg substitute instead of real eggs in your recipes. They

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have a fourth of the calories and none of the cholesterol. Also using the egg whites that come in your supermarket dairy section saves both time and effort.

Use non-alcoholic beer in recipes that call for beer. The alcohol will cook off anyway and most non-alcoholic beers contain more malt and hops which significantly enhance their flavor profile.

When using the above substitutes, I suggest that you try them out first and test them on your family. If they don't complain then no one will. I also recommend that you gradually try out all the substitutes in all the recipes.

As a society we regularly overeat as well as eat all the wrong things. Try deliberately serving smaller portions and storing the leftovers for another day. Set aside a special time of the day for meals, make sure the entire family is there and that everyone takes time to enjoy and savor the food that you have specially prepared for them.

Some tips on how to stop overeating. It is extremely important to drink 48 to 64 ounces of water every day and if you choose to substitute other beverages such as coffee or tea for your water allowance, it should be decaffeinated. I try to drink 16 oz. during my meal. This will fill up your tummy and you will eat less. Also take smaller portions and eat more slowly. If you simply have to have seconds make them even smaller portions. Take your time when eating, chew thoughtfully and enjoy your meal. When eating out, take part of your meal home and enjoy it the next day.

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DEFINITIONS Can you tell that I was in the Army.

Armored cow: Canned milk

Battery acid: Coffee

Bellyrobber: The mess sergeant

Bubble dancer: A soldier on KP.

Bully Beef: tinned or canned corned beef. Often shortened to bully.

C Rations or C Rats: Canned rations (WWII, Korea)

Crumb hunt: An inspection of the mess hall and kitchen by the mess officer.

Custard grenade: Cream puff

D Rations or D Rats: Packaged rations (experimental)

DFAC: Dining Facility: The Mess hall

Emergency Rations: Canned rations from World War I

Fish eyes: Tapioca pudding

Goldfish: Salmon

Grass: Salad greens

Hard soup: Liquor (not served)

K Rations or K Rats: Packaged rations WWII, Korea, Vietnam)

KP: Kitchen Police – A soldier assigned for a day's duty to perform menial tasks such as dishwasher, potato peeler, pot scrubber, etc.

Parblanching: See parboiling

Parboiling: A process of cooking food in boiling water for a short amount of time to retain the color, to help preserve nutrients and to firm foods. Also used to prepare vegetables for canning or freezing and to tenderize them for further cooking processes. The procedure involves placing small quantities of food into a large amount of rapidly boiling water for the amount of time specified in the recipe. Food is added in small quantities so that the boiling process is not disturbed or decreased. If the food is not to be cooked again or if it is not to be served immediately or to be canned or frozen, then it should be plunged into a cold water bath (shocked), after being removed from the boiling water to stop any further cooking action. However, if further cooking is to occur immediately, a cold bath is not necessary.

Parcooking: See Parboiling.

Slumbers: Cooks

Willie: Canned corned beef

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KITCHEN EQUIVALENTS AND ABBREVIATIONS

Equivalents:

1 pinch	1/8 teaspoon
3 teaspoons	1 tablespoon
2 tablespoon	1/8 cup
4 tablespoon	1/4 cup
16 tablespoon	1 cup
5 tablespoon + 1 teaspoon	1/3 cup
4 oz	1/2 cup
8 oz	1 cup
16 oz	1 lb
1 oz	2 tablespoons fat or liquid
1 cup liquid	1/2 pint
2 cups	1 pint
4 cups liquid	1 quart
2 pints	1 quart
4 quarts	1 gallon
8 quarts	1 peck fruit or vegetables
1 jigger	1-1/2 fluid ounces
1 jigger	3 tablespoons

Abbreviations: I do not normally use abbreviations by some may slip in.

c.	Cup
fl. oz.	Fluid Ounce
gal.	Gallon
lb.	Pound
oz.	Ounce
pt.	Pint
qt.	Quart
TBA	To Be Added
tbsp.	Tablespoon
tsp.	Teaspoon

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TIPS AND TECHNIQUES

General Cooking Tips:

When cooking any kind of ground meat dish a way to sweeten the final result is to add a very small amount of finely shredded carrots. These are available at your grocery store and you should always keep a small amount on hand.

To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.

To keep a baked item hot while waiting to serve it, place a piece of aluminum foil shiny side down over the item. The heat will be reflected back into the food.

Leftovers Tips:

Leftover Pizza - Reheat slices in a frying pan until the cheese starts to melt then flip it over and reheat the other side. Start with the cheese side down.

Sandwich Tips:

Problem - How to keep a sandwich fresh and prevent it from becoming soggy.

Answer - Toast the inside of each slice of bread before making your sandwich. This seals the bread and prevents it from becoming soggy.

Problem - Sandwiches are so boring.

Answer - Vary the types of bread you use, whole wheat, stone ground, Texas toast, rye, pumpernickel, black bread, and sandwich rolls all make a good foundation for that ultimate sandwich.

How to make them:

- 1. To make donuts: Use Pillsbury Crescent Rolls or better still Pillsbury**

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Biscuits. Poke a hole with your finger into the center of the dough. Spin it on your index finger. Sprinkle cinnamon and sugar on the dough and fry in deep fat (oil in a skillet will do).

- 2. To make bagels: Do as above with the donuts. No sugar or cinnamon. Boil in water until done. Brown in a toaster oven.**

Kitchen Tips

- 1. No need to mince garlic, chopping is fine.**
- 2. Check your oven for hot spots. Broil a cookie sheet with bread on it. the darkest ones indicate a hot spot.**
- 3. Empty mustard jar. Don't scrape it, Add oil vinegar and spices, shake vigorously and you have vinaigrette.**

Food Storage Tips:

- 1. Celery - When you bring your celery home from the grocery store, clean it, cut it to the desired lengths and wrap it tightly in foil or place in an air-tight zip lock bag. This will retain the crisp fresh taste.**

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APPETIZERS

Beer Batter Onion Petals



Light, crispy, very addictive onion petals. The perfect appetizer. Use your favorite beer to make the batter. Perhaps try a dark or bock beer for a strong unique flavor.

Servings: serves: 4

Total time is 35 minutes (15 minutes prep time, 20 minutes cook time)

Ingredients:

- 1 large, Vidalia onion (you can also use a red onion)
- 1/4 cup Beer, dark
- 1/2 cup, Flour
- 1/2 teaspoon, Baking Powder
- 1 Egg
- 1/2 teaspoon, Garlic powder
- 1/4 teaspoon, Cumin
- 1/4 teaspoon, Cayenne pepper
- to taste, Salt and freshly ground pepper
- 1 quart, Sunflower oil or any good vegetable oil (for frying)

Directions:

1. Cut off ends of onion and cut into quarters or more depending on the size of the onion.

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2. Separate the onion into "petals".
3. Put remaining ingredients in blender and process until smooth, scraping down sides a couple of times.
4. Put beer batter into a bowl, add the onion petals and stir to coat.
5. Remove batter coated petals to a cookie sheet and put in fridge to rest for about 1/2 hour.
6. Deep fry petals in fairly hot sunflower oil (about 375°) until golden, about 2 minutes per batch. You can save your oil for the next time you make this recipe.
7. Serve with your favorite dipping sauce.

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Fried Cheese Curds - A Quick & Easy Appetizer

Preparation Time: 15 Min

Cook Time: 15 Min

Ingredients:

- 2 qt corn oil for frying
- 1/4 cup milk
- 1 cup All purpose flour
- 3/4 cup beer
- 1/2 tsp salt
- 2 eggs
- 2 lb cheese curds broken apart

Directions:

1. Heat corn oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
2. Whisk together milk, flour, beer, salt, and eggs to form a smooth, rather thin batter.
3. Place cheese curds, about 6 or 8 at a time, into the batter, stir to coat, and remove with wire strainer. Shake the curds a time or two to remove excess batter.
4. Deep fry the curds until golden brown, 1 or 2 minutes.
5. Drain on paper towels and serve hot.
6. For an interesting variation serve on a bed of rough chopped lettuce.

Nutritional Information

Amount Per Serving Calories: 370 | Total Fat: 30.6g | Cholesterol: 86mg

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Fried Dill Pickles



Do you want to try something different for your next party or get-together? Why not try Fried Dill Pickle slices. The slices are breaded, then deep fried in vegetable or peanut oil. This makes a great snack."

Ingredients

- 1 egg, beaten
- 1 cup milk
- 1 tablespoon all-purpose flour
- 1 tablespoon Worcestershire sauce
- 3/4 teaspoon salt
- 3/4 teaspoon ground black pepper
- 3 1/2 cups all-purpose flour
- 1 (32 ounce) jar sliced dill pickles, drained (stackers)
- 1 quart vegetable or peanut oil for deep-frying

Directions

1. In a small bowl, mix together the egg, milk, 1 tablespoon of flour, and Worcestershire sauce. In a separate bowl, stir together the remaining flour, salt, and pepper.
2. Heat oil to 350 degrees F (175 degrees C) in a deep-fryer or heavy deep skillet. Dip pickle slices into the milk mixture, then into the flour mixture. Repeat dipping until they are thickly coated.
3. Place the pickles carefully into the hot oil. Avoid over crowding by frying in several batches. Fry until pickles float to the surface, and are golden brown. Remove with a slotted spoon, and drain on paper towels.

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Notes:

For an interesting variation on this recipe try it with bread and butter pickles.

Also, the peanut or vegetable oil can be recycled. Drain carefully into your storage container and filter the last little bit to get all the remains out.

If you are worried about stove-top spatter, get a screen readily available at a kitchen accessory store and prevent this.

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BEVERAGES

Bloody Mary (Old Bay)

Makes 1 cocktail like they make at the Old Ebbit Grill in Washington, D.C.

Ingredients:

- 1 Lime Wedge
- 1-1/2 Ounces Vodka (Pepper flavored)
- 1 Ounce beef broth
- 3 Ounces Tomato Juice
- 1-1/4 Ounces squeezed lemon juice
- 1/4 Ounce Freshly ground black pepper
- 1 Large "Tail-on" shrimp, peeled, boiled and chilled

Directions:

1. Sprinkle Old Bay Seafood Seasoning on a plate.
2. Rub the rim of a small glass with the lime wedge.
3. Dip rim into the Old Bay to coat.
4. Add cracked ice to glass and set aside.
5. In a mixing glass, combine vodka, beef broth, tomato juice, lemon juice and black pepper.
6. Stir to combine ingredients.
7. Pour into reserved glass.
8. Garnish with shrimp.

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Coffee (acid free cold brew method)

Removing acid from coffee, using a cold-brew method, is an easy and affordable way to enjoy a healthier beverage. Acid can leach minerals and vitamins from our bones. Acid-free coffee is gentler on the stomach and digestive tract and is helpful for those suffering from acid reflux. Also, the tannic acid in coffee is responsible for stained and yellow teeth. Homemade, acid-free coffee concentrate can be made in large batches and refrigerated for several weeks.

Things You'll Need:

- 1 pound fresh ground coffee
- 8 cups water (1/2 Gallon)
- 1 large glass bowl
- Large spoon
- Lid or plastic wrap
- Coffee filters or fine strainer
- 1 large glass-covered container or several small jars with lids

Directions:

1. Add one pound of ground coffee to 8 cups of tepid water in a large glass bowl. Blend together with a large spoon.
2. Cover with a lid or plastic wrap and place it in a cool, dark room.
3. Allow the coffee and water mixture to sit for 16 hours, stirring occasionally.
4. Place a coffee filter or strainer (to catch the grounds) over your container(s). If you're using just a filter, try using a rubber band or bands to secure it to the mouth of your container(s).
5. Pour the coffee-and-water mixture (concentrate) through the filter or strainer into the jars, cover and refrigerate.
6. Make a cup of coffee. In a coffee mug, mix two tablespoons of the acid-free liquid coffee concentrate to 8 ounces of hot water. For iced coffee, add two tablespoons of the concentrate to 5 ounces of cold water and several ice cubes.

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Coffee (Boiled)

Known as "Cowboy Coffee," this is a hearty drink.

Things You'll Need

- Medium saucepan with a pouring lip
- 2 quarts water (8 cups)
- 1 cup ground coffee

Instructions

1. Pour the water into the saucepan and bring it to a boil.
2. Remove the pan from the stove.
3. Add the coffee grounds slowly and evenly throughout the water.
4. Return the pan to the stove and bring the water back to a boil. As soon as the bubbles are rolling, remove from heat and cover.
5. Let the coffee stand for five minutes before pouring.
6. Filter the coffee using a cup filter. (Optional)

Tips and Warnings:

1. Finer grounds make a stronger cup of coffee, while coarser grounds permeate less into the water.
2. Coffee grounds sink when they cool, so there is no need to add cold water as some recipes suggest.
3. Optionally remove acidity from coffee with JAVAcid a commercial all natural, flavorless, powdered coffee additive. You can also use baking soda to reduce acidity. Start with a half teaspoon to the cup of ground coffee and adjust the amount as needed.
4. This recipe can be doubled or halved.

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Milk Shakes - Dietary

Minutes to Prepare: 5

Number of Servings: 1 large

Banana Chocolate Milkshake

1 cup skim milk

2 tbsp Hershey's cocoa

1 granulated sugar substitute equal to 1/3 cup sugar

1 tsp vanilla extract

1 medium ripe banana, sliced

8 large ice cubes

Banana Vanilla Milkshake

1 cup fat-free milk

1/2 cup vanilla low-fat Frounceen brand yogurt or equivalent

1 small ripe banana, peeled

1/4 tsp pure vanilla extract

Any Flavor Sugar Free Milkshake

Ingredients:

- 2 Tbsp. dry sugar free fat free pudding mix, any flavor, chocolate fudge is our favorite
- 1 cup non fat milk
- 1 cup ice cubes

Directions:

1. Place ingredients in a blender and blend until smooth and creamy (no ice chunks are left).
2. Pour into glass. Serve immediately.

Note: You can add 1 scoop vanilla or chocolate protein whey powder to this for a breakfast shake, but you must adjust your calorie or nutritional value.

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Mulled Juice

If you are like me and have to eschew alcoholic beverages you might like this recipe. I'm sure that your guests, at your next party will enjoy it.

Minutes to Prepare: 15

Number of Servings: 10 to 20

Ingredients (Syrup):

- 1 cup water
- 1 cup sugar. Use raw sugar for that wild taste.
- 2 dozen whole cloves
- 4 cinnamon sticks
- 1 teaspoon crushed nutmeg
- Zest from 1 orange and 1 lemon.

Ingredients (Mulled Juice):

- Syrup, previously prepared
- 2-1/2 cups hot lemon juice
- 2 liters grape juice

Directions (Syrup):

1. Place all ingredients in a medium pot.
2. Add water and boil for 5 minutes.
3. Leave to simmer for 5 minutes.
4. Strain into container (if to be stored)

Directions (Mulled Juice):

1. Place syrup in a large pot.
2. Add lemon juice.
3. Heat until gently bubbling.
4. Add grape juice.
5. Keep on low heat.
6. Serve hot with a lemon slice.

Note:

It is a two part recipe and the syrup can be made before-hand and stored.

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Smoothies – Various Flavors

Yield: Serves 2

Vanilla Smoothie

- 1 cup ice
- 2 cups Low fat vanilla yogurt ~ 1 teaspoon vanilla extract

Chocolate Smoothie

- 1 cup ice
- 1 cup Low fat plain yogurt
- 1 cup chocolate syrup (use sugar free chocolate syrup or use less)

Vanilla or Chocolate Smoothie: Put all the ingredients into blender and hit the "Liquefy" button. When it looks ready pour and serve.

Strawberry Smoothie

- 1-1/4 cups vanilla soy milk
- 1 container (6 oz.) low-fat, strawberry yogurt
- 1 teaspoon vanilla extract
- 1-1/2 cups, strawberries

1. Blend soy milk, yogurt and vanilla extract for about 5 seconds.
2. Add strawberries and blend about 20 seconds.
3. freeze for a few minutes until very cold and thick or refrigerate for later use.
4. Garnish with berries if desired.

Mango-Lime Smoothie

- 1 cup plain, lite, soy milk
- 1/4 cup frozen limeade (softened)
- 1-1/2 cups fresh or frozen mango pieces 1-1/2 teaspoons flaked coconut

1. Blend soy milk and limeade for about 5 seconds.
2. Add mango pieces and coconut) and blend about 20 seconds.
3. Freeze for a few minutes until very cold and thick or refrigerate for later use.

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4. if desired, garnish with lime slices.

Berry Medley Smoothie

- 1 cup apple juice
 - 1/2 cup low fat, vanilla yogurt
 - 2 cups fresh or frozen berries (raspberries, blueberries, blackberries, etc.)
1. Blend the apple juice, yogurt and berries for about 5 seconds.
 2. Add berries and blend about 20 seconds.
 3. freeze for a few minutes until very cold and thick or refrigerate for later use.
 4. Garnish with mint leaves if desired.

Wendy's Frosty Copycat

- 1 cup skim milk
 - 2 tablespoons fat-free sugar-free instant chocolate pudding mix
 - 1. teaspoon vanilla
 - 2 tablespoons fat-free cool whip
 - 8 ice cubes
1. Place everything in a blender and blend 3-4 minutes. Place in a glass and optionally put in the freezer for 4-5 minutes.
 2. If you like strawberry shakes, try substituting the chocolate mix with cheesecake and use frozen unsweetened strawberries in the place of the ice.
 3. Or pistachio pudding mix, with frozen unsweetened pineapple and 1 tsp of coconut extract (like a pina colada).
 4. Or banana cream pudding (fat-free and sugar free), 1/2 a banana, 10 ice cubes, and fat-free Cool Whip.

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Tesguino (Beer) from Sprouted Corn

This is an adaptation of methods used by the Tarahumara Indians

Yield is approximately 2 quarts.

Ingredients:

- 1 pound of sprouted, dry field corn.

Directions:

1. You can sprout the corn in a number of ways. Traditionally the corn was soaked, wrapped in a cotton cloth, and buried in damp ground for several days until the corn sprouted. However, any method that is used for sprouting grains and beans will work. One way is to soak the corn in a gallon jar for approximately 24 hours and drain well. Place the soaked corn in another container and put it in a dark space or cover to protect from the light. Rinse several times a day. When the sprouts reach a length of about one inch, the corn is ready. (This can take up to about a week.)
2. The sprouted corn can either be mashed or ground. If you don't have a hand mill, a food processor will work well.
3. To cook the corn paste, add water and cook on a low flame for 12 hours or more. This slow cooking develops the sugar of the corn and transforms it into a sweeter syrup-like consistency. Dilute with more water, strain, and let cool.
4. To culture the cooked corn paste, the Tarahumara place the cooked paste mixture in a clay jar or olla called a tesguino that is dedicated to this use. Since these vessels are never washed, the yeast needed for fermentation is already established. Chances are you will not own one of these pots, so you will need to introduce a yeast or starter. You have many options here, ranging from a simple packet of yeast to starters used for bread. Contact a beer or wine-making store for supplies.
5. Keep the fermenting corn in a location that is free from a lot of temperature fluctuation. You'll know it's ready after the mixture starts bubbly vigorously. When the bubbling slows down, usually within about a week, drink up or refrigerate for later.

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BREADS

Arizona Corn Bread

yield: one 9 x 9 x 2 baking pan

Ingredients:

1 cup Flour, unprocessed, sifted
1 cup Cornmeal, yellow or white
2 to 4 tablespoons Sugar
1 tablespoon Baking powder
1/2 teaspoon Salt
2 medium Eggs
1 cup Milk, 1 percent butter fat
1/4 cup vegetable oil
1 small can Green chilies or Jalapenos, diced and drained without seeds
1/2 cup Cheddar cheese, grated

Directions:

1. Mix flour, cornmeal, sugar, baking powder and salt in one bowl.
2. In another bowl, mix eggs, milk and oil.
3. Combine mixtures. Do not overmix.
4. Stir in chilies or jalapeno (If desired).
5. Spread batter evenly in a greased 9 x 9 x 2 baking pan.
6. Bake at 450 degrees for 20 to 25 minutes or use the toothpick test.
7. Let cool, cut and serve.

Normally pi are squared and cornbread are round. To get this effect you can bake your cornbread in a 9 inch cast iron skillet.

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Beer Bread

This is about the simplest and tastiest recipe for beer bread that you will find. You can even mix it in the baking pan for easy cleanup. This is sensational when served with soups or just as a snack. I got this recipe twenty years ago from two cooks on public TV (PBS) from Roanoke, Virginia.

Prep Time: 3 minutes.

Cook Time: 1 hour.

Yield: 6 - 8 servings.

Ingredients:

- 3 cups flour (sifted)
- 3 teaspoons baking powder (omit if using Self-Rising Flour)
- 1 teaspoon salt (omit if using Self-Rising Flour)
- 1/4 cup sugar
- 1 (12 ounce) can beer
- 1/2 cup melted butter (1/4 cup will do just fine)

Directions:

1. Preheat oven to 375 degrees.
2. Mix dry ingredients and beer.
3. Pour into a greased loaf pan.
4. Pour melted butter over mixture.
5. Bake 1 hour, remove from pan and cool for at least 15 minutes.

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Bread, Griddle or Flat

This recipe can be used for pizza, pita sandwiches or lots of other stuff.

Yield: 4 to 5 slices

Ingredients:

- 3 cups Flour, all purpose
- 1 cup Ice water
- 3 tablespoons Shortening
- 1 tablespoon Salt
- 2 teaspoons Baking powder
- 1 pinch Baking soda

Directions:

1. Combine all ingredients and form into a ball of dough.
2. Cut into 4 to 5 equal pieces.
3. Roll out into an 8 inch circle.
4. Prick the surface several times with a fork.
5. Cook on a oiled, hot griddle. Turn with a spatula.
6. Watch them closely as they cook fast.
7. Serve warm.

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Easy Corn Bread

EZ Corn Bread that's NOT from a box.

Contributed by Cindy who got this recipe from one of her friends.

Ingredients:

- **3/4 Cup Yellow Corn meal**
- **1 Cup White flour**
- **1/3 Cup White Sugar**
- **3 tsp Baking powder**
- **1/2 tsp Salt**
- **1 Cup Milk**
- **1 Whole Egg**
- **2 Tbsp Melted bacon fat, shortening or butter**

Directions:

- 1. Preheat oven 425 degrees.**
- 2. Grease an 8" square cake pan, or 9" round cast iron fry pan (Recommended).**
- 3. Mix the cornmeal, flour, sugar, baking powder, and salt in a large bowl.**
- 4. Add milk, egg and shortening and blend well.**
- 5. Spoon into pan.**
- 6. Bake 20 minutes.**
- 7. Cool before cutting.**

For Corn Muffins, put into a muffin pan for 12 muffins.

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Hardtack

You can make hardtack almost identical to what sailors, troops, and pioneers have been eating (minus the weevils!) by following this simple recipe. Serve with Bully Beef (Optional).

Ingredients:

- 4-5 cups of flour
- 2 cups of water
- 3 tsp. of salt

Directions:

1. Mix the flour, water and salt together, and make sure the mixture is fairly dry.
2. Roll it out to about 1/2 inch thickness, and shape it into a square.
3. Cut it into 3 inch squares, and poke holes in both sides.
4. Place on an ungreased cookie or baking sheet, and cook for 30 minutes per side at 375 degrees.
5. Let it dry and harden for a few days, just out in the open.
6. When it has the consistency of a brick, it's fully cured.
7. store it in an airtight container.
8. To prepare for eating, soak it in water or milk for about 15 minutes.
9. Fry in a buttered skillet.

You can eat it with cheese, soup or just plain with a little salt added.

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Hoe Cake (or Johnnie Cake) Bread

Hoe cake is a term used to describe a type of quick bread that was originally cooked in the fireplace on the flat part of an agricultural hoe. It is typically a thin bread created with a minimum of ingredients. Hoe cake, also known as fry bread, johnny-cake, journey cake, ash bread, griddle cake and lace cornbread, is fried or baked in the oven. It is made with flour or cornmeal. Variations for the liquid ingredients include water, milk or buttermilk.

Things You'll Need

- Mixing bowl
- Greased baking pan
- 2 cups self-rising flour

Instructions:

Flour Hoe Cake

1. Preheat oven to 400 degrees and put the greased baking pan on a rack in the middle of the oven.
2. Put 2 cups self-rising flour in the mixing bowl.
3. Add 1/3 cup shortening to the flour and cut it in using the two knives.
4. Pour 1 cup milk into the dry mixture and stir with the mixing spoon, making sure all of the dry ingredients are moistened.
5. Remove the hot, greased pan from the oven using the oven mitts and put the hoe cake mixture into the pan. Bake for about 15 minutes.
6. Invert the hoe cake on a serving plate when it is done, using oven mitts when handling the hot pan.

Cornbread Hoe Cake

1. Combine 2 cups plain cornmeal with 3/4 tsp. salt in a mixing bowl. Stir with mixing spoon.
2. Add enough hot water to make a very thick batter.
3. Heat the greased griddle to medium-high.
4. Pour the batter onto the griddle and allow it to cook until the bottom becomes golden brown.
5. Slide the hoe cake onto a plate, then flip the hoe cake back onto the griddle with the raw side facing the griddle. Cook until this side is also golden brown.

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Tips & Warnings:

1. Oven temperatures vary, as do cooking times. The hoe cake is done when the bottom crust is golden brown and the center is dry. Check for dryness by inserting a clean knife or toothpick in the center.
2. The thickness of hoe cakes range from very thin and crispy to bread-like depending on the recipe.
3. Add other ingredients to dress up your hoe cake. For a little zest, add chopped jalapeños, onions, crumbled cooked bacon or chopped cracklings.
4. Small, individual hoe cakes can double for pancakes.
5. If you are making a hoe cake that will be flipped to finish cooking, keep the hoe cake on the thin side and cook the first side slowly. This way, much of the interior gets solid before flipping. As with pancakes, if the topside is too wet when the hoe cake is flipped, the cake will splatter.

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Mom's Potato Rolls

My mother often said that bread is the staff of life. She would spend Saturdays and Sunday mornings to bring these outstanding rolls to our Sunday dinner. She said it was a labor or love.



Ingredients:

- 1 cake - yeast
- 1/2 cup - lukewarm water (80 - 85 degrees)
- 1 cup - potato water (from cooked potatoes)
- 1-1/2 teaspoons - salt
- 1/2 cup - sugar
- 2/3 cups - shortening, melted
- 2 - eggs, beaten
- 1 cup - mashed potatoes
- 5 cups - sifted all-purpose flour

Directions:

1. Crumble yeast into lukewarm water and stir until dissolved.
2. In large mixing bowl, put potato water, mashed potatoes, salt, sugar, shortening (cooled to lukewarm), beaten eggs and dissolved yeast.
3. Mix with wooden spoon and add flour, one cup at a time, until 4-1/2 cups have been blended in.
4. Beat mixture for about 1 minute to develop gluten, giving elasticity to dough.
5. Cover and let rest for 15 minutes, allowing it to stiffen.

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6. Sprinkle remaining 1/2 cup flour on dough canvas. With both hand underneath, press floured canvas against dough on all sides until all dough is floured sufficiently to knead with floured hands. Knead until smooth, about 10 minutes. Place in large greased bowl turning once until greased side is on top. Cover and allow to rise in a warm place (85 degrees). Punch down, grease top and place in refrigerator to use as needed.
7. If used all at once, knead until smooth on a floured canvas, roll ed to about 1/2 inch thickness, cut with a biscuit cutter, grease on top with melted butter and place on lightly greased baking sheet.
8. Set in a warm place to rise, until it feels light when pressed with finger.
9. Bake at 375 to 400 degrees for 10 to 14 minutes according to size. Makes 28 rolls.

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Southern Corn Pone Bread

This corn pone recipe is as traditional as it gets, unsweetened and cooked in a cast iron skillet! This is the perfect side dish to accompany any Southern meal.

Prep Time: 20 Minutes

Cook Time: 25 Minutes

Ready In: 45 Minutes

Servings: 8

Ingredients:

- 1/4 cup canola oil
- 1-1/2 cups white cornmeal
- 1-1/2 teaspoons salt
- 1-1/3 cups buttermilk
- 2 eggs

Directions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. Place a 9 inch cast iron skillet on the center rack.
3. When the skillet is hot, carefully remove the skillet from the oven.
4. Pour the canola oil into the skillet and gently swirl the pan to coat the bottom and the sides.
5. Return the pan to the oven for ten minutes.
6. While the oil is heating, mix together the cornmeal and salt in a medium sized bowl.
7. Add the eggs and buttermilk and mix together to make a thin batter.
8. Carefully pull out the rack with the cast iron skillet and pour the batter into the preheated skillet.
9. Bake the corn pone until a toothpick inserted into the center comes out clean, 20 to 25 minutes.
10. If desired, turn the oven to broil for the last few minutes of baking to brown the top.
11. Remove the skillet from the oven and shake the pan to loosen the corn pone from the skillet.
12. Serve the corn pone warm from the skillet or turn out onto a plate.

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Hush Puppies

No Southern fish fry, barbeque or hunting party is complete without deep-fried Hush Puppies.

The simple ingredients make these puppies a favorite side.

Ingredients

As needed Vegetable oil

1 1/2 cups self-rising white cornmeal mix

3/4 cup self-rising flour

3/4 cup diced sweet onion (about 1/2 medium onion)

1 1/2 tablespoons sugar

1 large egg, lightly beaten

1 1/4 cups buttermilk

Preparation

1. Pour oil to depth of 3 inches into a Dutch oven or deep skillet and heat to 375°.
2. Combine all the ingredients and stir until well mixed.
3. Let stand 10 minutes.
4. Drop batter by rounded tablespoonfuls into hot oil.
5. fry for 2 to 3 minutes on each side or until golden.
6. Keep warm in a 200° oven or by the fire.

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ENTREES - MAIN COURSE

Baked Beans-N-Franks



- Preparation: 10 minutes
- Cook: 40 minutes
- Ready In: 50 minutes

A big favorite with me because it's so very easy and the kids will love it, too.

Ingredients

- 2 teaspoons margarine
- 3 tablespoons chopped onion
- 1 (16 ounce) can baked beans with pork (see notes)
- 1 (16 ounce) package frankfurters, sliced (No Fat)
- 1/3 cup brown sugar (optional)
- 1 teaspoon prepared mustard or Deli Mustard
- 1 teaspoon celery salt

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Melt butter in a skillet over medium heat.
3. Add brown sugar, mustard and celery salt.
4. Transfer to a 2 quart casserole dish.
5. Bake for 40 minutes, stirring occasionally.

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Notes:

1. Try with molasses and deli mustard.
2. A dash of cayenne pepper will add a hot spicy taste.
3. Try Bush's Mixed Chili Beans contains kidney beans and pinto beans

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Bangers and Mash (Meal)



Also known as sausages and mash, this is a traditional British Isles dish made of mashed potatoes and sausages, the latter of which may consist of a variety of flavored sausage made of pork or beef sausage. It is sometimes served with onion gravy, fried onions, baked beans, or peas. It is mostly eaten in the United Kingdom, Canada, Australia, and New Zealand. This recipe has been extensively researched and tested by the Blackwell Test Kitchens and tasted by yours truly.

Ingredients (4 servings):

- 4 links flavored pork or beef deli sausage about 4 – 5 inches long.
- 1 package (4 – 8 servings) powdered mashed potatoes mix (made with only water)
- 2 packages (1 cup each) McCormick Brown gravy
- 1 Onion, medium, thinly sliced
- 1 Can sweet peas
- Deli broccoli salad (with dressing)

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Place the sausage links on a rack and bake for 20 minutes.
3. Prepare potatoes according to the directions on the package.

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- 4. Place sliced onions in a small saucepan, and cook in 1 tablespoon of butter or margarine until translucent (10 – 15 minutes), stirring often. Remove onions to a small dish.**
- 5. Prepare brown gravy according to the directions on the package, using the same saucepan in which the onions were cooked.**
- 6. Add the sliced onions to the gravy and keep warm until serving.**
- 7. Heat the peas in a small saucepan.**
- 8. When complete, serve sausage links, mashed potatoes, onion gravy, peas and broccoli salad separately.**

Note: This is an extremely simple and complete meal that will please both family and guests. Adjust the quantity of ingredients to accommodate the number being served.

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Barbecued Goat - Texas Style

Yield: serves 5

Ingredients:

- 5 pounds Goat Meat (Rear quarter)
- 1/4 cup Salt
- 1/2 medium jalapeño pepper, sliced
- 1/4 tablespoon Black pepper, ground
- 1/4 tablespoon Cumin
- 4 cups Barbecue Sauce (Use your favorite)

Directions:

1. Mix salt, jalapeño pepper, black pepper and cumin together then sprinkle on meat generously.
2. Cook slowly on grill for 2 hours or until done. Meat may be brushed with cooking oil occasionally to prevent dryness.
3. At least 30 minutes before removing meat from fire, brush meat with barbecue sauce. Continue cooking and turn the meat often, brushing with sauce at every turn.

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Bubble And Squeak



Meat isn't actually necessary to bubble and squeak. Here's a classic recipe from the Two Fat Ladies, those great doyens of British cooking:

Ingredients:

- 1 pound, cold cooked potatoes
- 2 ounces, drippings or lard
- 1 onion, finely chopped
- 8 ounces, cooked cabbage or Brussels sprouts, chopped
- to taste, salt
- to taste, black pepper, freshly ground

Directions:

1. Finely chop the potatoes and crush slightly.
2. In a frying pan melt half the fat and lightly fry the onion.
3. Mix in the potato and greens and season well.
4. Add more dripping or lard.
5. Press the bubble into the hot fat and fry over a moderate heat until browned underneath.
6. Turn the bubble over, add the last of the fat and fry until the other side is browned.

They insist that you need actual lard or bacon drippings to make it properly bubble and squeak. Meat is optional in the dish, but like the leftover potatoes and the leftover cabbage, you can put in just about any leftovers you have laying around, including leftover meat. You can do it with by browning 1/2 pound ground beef in the pan before adding it to the potatoes and cabbage. Then render the fat in the pan by heating it until the water is all gone (it no longer bubbles) and add the potato/cabbage/meat mixture. Or, if you have leftover cold roast meat (from the same meal with the potatoes and the cabbage) you can take half-

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pound of that and cut it into cubes.

If you want to be less traditionalist, rather than starting with leftovers you can pre-cook the potatoes and cabbage in the microwave. (It'll take about 4-5 minutes for all of that.)

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Chili - Italian Style

Chili with an Italian Twist

Serves 12

Ingredients:

- 2 pounds Ground Beef, browned
- 4 - 16 Oz Cans Kidney Beans, drained and rinsed
- 1 - 28 oz Can Stewed Tomato's
- 1 - 15 oz Can Pizza Sauce
- 1 - 4 oz Can Chopped Green Chili's
- 1/4 Cup Finely Chopped Onions
- 4 to 5 teaspoon Chili Powder, Amount depends on taste (hot or mild)
- 2 cloves Minced Garlic
- 1 teaspoon Basil
- 1/2 teaspoon Salt
- 1/8 teaspoon Pepper

Directions:

1. Brown the beef, Onions and Garlic in a fry pan.
2. Mix all ingredients in a large bowl. Save the bowl and mix ingredients in the crock pot.
3. Place mixture in a Crock Pot.
4. Cook over a low heat for six (6) hours.
5. Serve.

This recipe has been tested and approved by the Ciabattari Kitchens.

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Chicken Cacciatore - Crockpot

Servings: 4

Ingredients:

- 1 large onion, thinly sliced
- 1 1/2 lb. skinless, boneless chicken breasts
- 2 (6 oz each) cans tomato paste
- 8 oz. fresh sliced mushrooms
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cloves garlic, minced
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1 bay leaf
- 1/4 cup dry white wine
- 1/4 cup water

Directions:

1. Put sliced onion in bottom of crock pot.
2. Add chicken pieces.
3. Stir together tomato paste, mushrooms, salt, pepper, garlic, herbs, white wine and water.
4. Spread over chicken.
5. Cover; cook on Low 7 to 9 hours (High: 3 to 4 hours).
6. Serve chicken pieces over hot spaghetti or vermicelli.

Tip: For a dark meat variation, try using 4 chicken thighs, skinned and 4 drumsticks.

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Chicken Enchilada Casserole TBA

Eight Weight Watcher points, use chicken strips.

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Chinese Chicken Salad Dana

Many thanks to Dana who makes the best Chinese Chicken Salad

Ingredients (Dana insists that the proportions are up to the cook):

- **Napa cabbage**
- **Bean sprouts**
- **Daikon**
- **Green onions**
- **Mixed greens**
- **cashews**
- **Chicken breasts**
- **Gerard's Chinese salad sauce**
- **Sesame Oil**
- **Soy Sauce**
- **Garlic powder**
- **Pepper**

Directions:

- 1. Cut chicken breasts into bite size pieces.**
- 2. Mix breasts, sea salt, pepper and olive oil in a pan and saute.**
- 3. Allow to cool.**
- 4. Chop all vegetables.**
- 5. Add chicken and cashews to vegetable mixture.**
- 6. Add soy sauce, garlic powder, and pepper to Gerard's Chinese salad sauce.**
- 7. Toss dressing into salad before serving or allow guests to add their own.**

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Creamed Ground Beef on Toast (SOS)

Based on a US Army recipe. The US Navy eats creamed chipped beef on toast. these direction have been modified for servings size and my personal tastes. You may double or triple the ingredients for more servings.

Yield: serves 6

Ingredients:

- 1 pound Ground Beef, lean
- 1 Medium Onion, chopped
- 1/2 cup Flour, All purpose
- 1 cube bouillon, beef flavored
- 3/4 teaspoon Salt
- 1 pinch Pepper, black, ground
- 2-1/2 cups Milk
- 1/2 teaspoon Worcestershire sauce
- 1 can (15 ounce) Green Peas, drained (optional)

Directions:

1. Brown beef and chopped onion in a large skillet over medium high heat. (5 to 10 minutes)
2. Stir in flour, bouillon, salt and pepper.
3. Saute all together for about five minutes or until flour is absorbed.
4. Gradually stir in milk and Worcestershire sauce.
5. If desired, add the drained peas.
6. Bring all to a simmer, stirring constantly. Cook until thickened, about five to ten minutes.
7. Serve over biscuits or toast.

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Smothered Pork Chops Meal

This is a complete meal that is delicious as well as very easy to fix.

Servings: serves: 4

Total time is 75 minutes (15 minutes prep time, 60 minutes cook time)

Ingredients:

- 4 regular cut bone-in pork chops
- 1 can cream of mushroom soup
- 1 cup, uncooked rice, not instant
- 1 bag (16 oz) frozen peas
- 1 envelope lipton onion soup mix

Directions:

1. Preheat oven to 375 degrees.
2. Spray 9 X 13 pan with non-stick spray.
3. Dump mushroom soup, rice into pan.
4. Add 2 cups hot water into pan and stir until well mixed
5. Stir in peas.
6. Place pork chops on top, and press into rice mixture.
7. Sprinkle envelope of dry soup mix evenly over all.
8. Bake for 1 hour or until chops are done and rice has absorbed liquid.
9. Serve while hot.

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Groats - Buckwheat

Yield: serves 2

Ingredients:

- 1 cup Buckwheat, whole
- 1 each Egg, slightly beater
- 1 tablespoon Butter, melted
- 1 teaspoon Salt
- 2 cups Chicken broth (or water), cold

Directions:

1. Combine groat with slightly beaten egg and butter in saucepan.
2. Add salt and chicken broth (or water).
3. Cover and simmer 15 minutes. Stir several times.
4. Cover and bake in 350 degree oven for 10 minutes or uncover and finish cooking on the stove top.
5. Serve.

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Gruel

A thin porridge or soup typically fed to indigent people, orphans and prisoners, It was often served in the olden days to sailors with their hardtack and grog. In later days, something similar was and is served to indigenous peoples by CARE and other international charitable organizations.

It consists of one or more of the following base ingredients; flour, barley (husked and ground), oatmeal, peas (dried and ground), beans (dried and ground), millet, rice, potatoes, turnips, cornmeal, bread crumbs or ground crackers.

It is nutritious enough, especially with fresh or dried vegetables added. Try it with fish meal and brown rice flour. Add your choice of base ingredients, a pound of minced fresh vegetables and a quart of black strap molasses. This was the standard gruel recipe of His Britannic Majesty's government for all its wards and military personal in the 18th Century. When available Beef, Pork, and/or Mutton joints were tossed in for flavor. Also, any old chicken parts or day old seafood.

Yield: serves 200 (2 to 3 cups each)

Ingredients:

- **30 pounds Base Ingredient: See description for options**
- **2.5 pounds Salt**
- **5 pounds Finely chopped or riced vegetables such as onions, leeks, etc. (if available)**
- **5 pounds Sugar (If available)**
- **1 pound Butter or margarine (If Available)**
- **As needed Milk, Cream or Water (As available)**

Directions:

- 1. Boil 30 gallons of water into a suitable container.**
- 2. Mix 20 pounds of the base ingredient(s) with 2.5 pounds of salt and a small amount of cold water to make a smooth, thin paste.**
- 3. Add finely chopped or riced vegetables such as onions, leeks, etc. (if available)**
- 4. Add to boiling water and cook until a creamy consistency is obtained**

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5. Strain to reduce or remove lumps (optional)
6. Add 5 pounds of sugar (If available)
7. Add 1 pound of butter or margarine (If available)
8. Thin with cream, milk, water or other suitable substitute.
9. Serve with bread or crackers (if available)

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Hamburger Pie

A strange but exceedingly delicious dish. It was provided by Mary Belle Kimmel Myers of Pennsylvania. It has been tested by the Blackwell Test Kitchens and tasted by yours truly.

Ingredients:

- 1 pound Beef, lean, ground
- 1 Can (8 ounce) tomato sauce, divided
- 1 Onion, small, chopped
- 1 Can (15-ounce) mixed vegetables, drained
- 5 Slices of Velveeta cheese or cheddar cheese

Directions:

1. Preheat oven to 350 degrees F.
2. Mix together ground beef, 1/2 can of tomato sauce, and onion.
3. Press mixture into the bottom and up the sides of a pie plate forming a meat "crust."
4. Bake for 30 minutes and drain excess fat.
5. Fill the "crust" with the mixed vegetables and pour remaining 1/2 can of tomato sauce over vegetables.
6. Return to oven and bake for 15-20 minutes or until the vegetables are hot. Cover the vegetables with slices of Velveeta cheese.
7. Return to oven and bake an additional 5 minutes or until the cheese has melted. Cut pie into quarters and serve. If done correctly, the slices will be extracted from the pie pan cleanly.

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Hamburger Pie (Poetic)

If you're a poet, and who isn't, then you will appreciate this poetic version of the Hamburger Pie described above.

**Nancy Blackwell's Hamburger Pie.
Recipe by Mary B. Myers,
Poetry by Jim Latham**

**Nancy's Mom says try this dish,
you'll get accolades if that's what you wish.**

**Heat your oven until it's very hot,
Three hundred Fifty is not a lot.**

**Grab a bowl that has three on the bottom,
Put some stuff in it, if you've got them.**

**A pound of ground beef would be great,
plus half a small can of tomato sauce makes it first rate.**

**Surely a chopped onion that is small,
would add some zest to it all.**

**Press the mixture onto the bottom and up to the top
It's a meat crust but here you can't stop.**

**While baking the crust for half an hour,
take a rest or even a shower.**

**Don't forget to drain the excess fat,
unless you want to feed it to the cat.**

**Fill the crust with mixed vegetables do,
So drain a large can and add it too.**

**Pour the rest of the tomato sauce post haste,
Over the veggies for some added taste.**

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**Bake for fifteen or twenty until the veggies are hot,
There's enough for four and that's a lot.**

**Cover the veggies with some Velveeta cheese,
Return to the oven for five minutes if you please.**

**You want melted cheese that is slightly brown,
and once achieved you can go to town.**

**Cut pie in quarters and then serve,
listen to the compliments that you deserve.**

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Hoppin' John

This is the traditional southern dish served on New Years Day. Although there is some controversy over it's name, none can dispute its unique flavor on New Years or any other day of the year. Perfect for vegetarians and carnivores alike.

Yield: serves 8

Categories: Side Dish, Entree

Ingredients:

- 2 cans Black eyed peas, drained
- 1 Onion, medium size, chopped
- 1 cup Celery, chopped
- 4 to 5 Garlic Cloves, minced
- 3-3/4 cups Broth, meat or vegetable (Vagan or Carnivore)
- 1 Bay leaf, medium size
- 1-1/2 teaspoons Salt
- 1/2 teaspoon Pepper, black, ground
- 2-3/4 cups Brown Rice, long grain, uncooked
- 1 Ham hock, small, skin removed (Optional)
- 1 Bell pepper, medium, red or green, finely diced
- To taste - Liquid hot pepper sauce or hot pepper vinegar (optional)

Directions:

1. In a large saucepan combine peas, onion, celery, bay leaf, garlic, broth, rice, salt, pepper and ham hock.
2. Bring to a boil over high heat, then reduce heat, cover, and simmer for about 45-50 minutes, or until the rice is just cooked.
3. Remove from heat and rest, covered, for 10 minutes.
4. Remove bay leaf.
5. Just before serving add the red pepper and stir in gently.
6. Taste and adjust seasoning with salt, pepper, pepper sauce and vinegar.
7. Serve with hot pepper sauce or hot pepper vinegar.

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Mexican Style Street Corn



Ingredients

4 cobs - Mini Corn on the Cob

1/2 cup - mayonnaise

1/2 cup - crumbled cotija, queso fresco or feta cheese

As Needed - chopped fresh cilantro

As Needed - chili powder

As Needed - limes, sliced into wedges

To Taste - Salt & pepper

Instructions

Prepare corn according to directions.

Spread mayonnaise on warm corn.

Roll in cheese, sprinkle with cilantro and seasoning.

Serve with lime wedges for squeezing.

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Hot Dog Hash

Yield: serves 4

Ingredients:

- 6 Hot dogs (no fat variety)
- 6 medium Turnips or rutabagas, peeled and cubed
- 1 medium Onion, chopped
- to taste Salt and fresh ground pepper
- to taste Garlic powder

Directions:

1. Parboil turnip or rutabaga cubes until slightly tender when pierced with a fork.
2. Slice hot dogs into coins or chunks.
3. Heat coating of vegetable oil in frying pan.
4. Add, chopped onion, hot dogs and turnip or rutabaga cubes.
5. Cook until cubes are golden.
6. Serve while hot with horseradish, mustard and catsup on the side.

Calories per serving: 160

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Javelina Pit Barbecue

Yield: serves 10 - 20

Ingredients:

- 1 each Javelina, medium sized, skinned and dressed
- 2 cups Taco Sauce or Salsa
- 1 can (17 ounce) Beans, refried
- 6 ea tomatoes
- 3 each Onions, medium, diced
- 1 small can Olives, sliced
- 1 pound Cheese, cheddar, grated
- 1 cup Sour cream
- 1 each Board, cleaned, Javalina sized
- 1 each Sack, burlap, large

Directions:

1. Grease the skinned and dressed Javelina inside and out.
2. Stuff all ingredients into Javelina chest cavity.
3. Wrap Javelina in a wet burlap sack.
4. Dig pit, approx 4 feet long by 3 feet wide by 4 feet deep.
5. Start large fire in pit (mesquite wood works best)
6. Add 2 bags of charcoal briquettes.
7. Let fire burn until only coals are burning.
8. Place wrapped Javelina on board then place on coals.
9. Bury with dirt.
10. Let cook 12 hours.
11. Dig up Javelina and throw away board.
12. Slice and Serve.

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Latham Surprise – TBA

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Mash Meal

This is an easy way to prepare a delicious complete meal. Experiment with the quantities according to your taste and the tastes of your guests.

Servings: serves 2 or 3

Total preparation time is 35 minutes

Ingredients:

- 1 tub frozen mashed potatoes or 1 package of dried, flavored potato's
- 1/3 cup chopped onions or 1/2 small onion sliced
- 1 package gravy mix (beef or pork)
- 1 small can peas
- 1 small can baby carrots
- 1 small can corn (your favorite variety)
- 1/2 pound thinly sliced beef or pork
- 1 large pat butter or tablespoon margarine
- to taste, Salt and freshly ground pepper
- to taste, garlic powder

Directions:

1. Saute in a medium saucepan, butter / margarine and onions until translucent.
2. Prepare gravy according to package directions in same saucepan.
3. Keep warm until needed.
4. Microwave mashed potato's or prepare packaged mashed potato's according to package directions.
5. Place potato's in a serving dish, cover with sliced meat, pour on onion gravy mixture, cover with corn, peas and carrots.
6. Remember to go easy when seasoning and allow guests to season or not.
7. Keep hot until serving.
8. Serve with bread, buns or rolls.

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Meatloaf Jimmy – TBA

Meat Loaf With (1 Cup Crushed Corn Chex Or Potato Chips + 1/4 Cup shredded Monterrey Jack Cheese Per Lb. Of Meat)

Use Cajun Spice mix (pre-packaged)

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Meatloaf Shirley

Courtesy of Shirley who plays a mean game of Mucka.

Makes 6 – 8 servings and great next day sandwiches.

Ingredients:

- 2 lbs ground beef (or 1 lb ground beef and 1 lb turkey)
- 1 cup bread crumbs
- 1 onion finely chopped
- 2 eggs
- 1/2 cup catsup
- 1/4 cup milk
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 2 tablespoons catsup or tomato sauce
- 4 slices of bacon halved
- To taste Seasoning salt

Directions:

1. Cut 4 medium peeled potatoes peeled into 2 inch pieces .
2. Combine beef, bread crumbs, onion, eggs, catsup, milk, salt and pepper and mix well.
3. Shape meat loaf into an 11 by 5 inch oval.
4. Spread sauce on top of loaf.
5. Cover with bacon.
6. Arrange potatoes around meat loaf and sprinkle with season salt.
7. Bake in oven for 350 for 1-1/2 hours or until bacon and potatoes are well browned.

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Pyun Yook or Pyeonyuk (Pressed Meat)



This is a Korean dish used at a time when meat was in short supply and frugality was very important. They traditionally used large flat stones instead of plates. Some cooks have experimented with various spices added to the cooking water but this is a matter of taste not a requirement.

Number of servings – 2 to 4 servings.

Ingredients:

- 1-1/2 teaspoons, Salt
- 10-12 cups, Water
- 1-1/2 pounds, Beef Brisket

Directions:

1. Trim excess fat from brisket.
2. Place all ingredients into a pot.
3. Bring to a boil over a medium high heat skimming off foam.
4. Reduce heat and simmer until very tender (2-1/2 to 3 hours).
5. Transfer meat to a plate and save stock for other recipes.
6. Cover with plastic wrap or waxed paper and set another plate on top.
7. Place a small, heavy weight (2-3 pounds) on the top plate.
8. Refrigerate overnight.
9. Slice very thinly and serve or use to embellish other dishes.

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Slum Gullion

Yield: serves 8

Ingredients:

- 3 pounds Beef, ground
- 1/2 pound Bacon, diced
- 4 medium Onions, chopped
- 10 medium Potatoes, diced
- 2 cans (8 oz.) Tomato Puree
- 1 pound Cheddar cheese, cubed
- 1 tablespoon Salt

Directions:

1. Bring the potatoes and salt to boiling in 3 cups of water.
2. Cook until done (about 20 minutes).
3. Dice the bacon into 1/2 inch squares and fry to a crisp in another pot.
4. When the bacon is done, drain off the grease and add chopped onions.
5. Add crumbled ground meat a little at a time, stirring constantly until it browns.
6. Add the tomato puree and the cheese (cut into 1/2 inch cubes).
7. Keep over low fire and stir frequently until cheese is melted.
8. Drain water off potatoes and add to the meat mix.
9. Season to taste.

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Special K Vegetarian Meatloaf



This recipe came from dear departed Maggie Reap. She would fix it for her vegetarian husband Charlie (Jiggs). When she fixed it for my wife Diane and I, we simply loved it. We got the recipe and Diane made this for me and our guests on many occasions. It tastes just like meatloaf made from beef.

Number of servings - 4 servings.

Ingredients

- 3 cups, Special K Cereal
- 3 each, Eggs (Beaten)
- 1 cup, Walnuts or Pecans, chopped
- 1 medium, Onion, chopped the way you like it
- 2 1/2 cups, Cottage Cheese
- 1 large stalk, Celery, chopped
- 1/2 can, Cream of Mushroom Soup (Liquid)
- 1 package, Lipton's Dry Onion and Mushroom Soup
- 1/2 cup, Raisins (Vary amount to your taste)

Directions:

1. Preheat oven to 350 degrees.
2. Mix all ingredients well.
3. Grease a meat loaf pan or casserole dish with butter or margarine
4. Add ingredients
5. Bake at 350 degrees for approximately 45 minutes to one hour. Prick with toothpick or straw to see if it comes out clean. If not, bake another 5 minutes and try again.

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Three Cheese Enchiladas



You'll find these Southwest-style enchiladas are not too spicy; just pleasantly flavorful and nice looking, too. Judy's daughter Cindy made these for us – so good. In place of the Monterey Jack & Cheddar cheese she found a bag of mixed, grated cheeses called Mexican Mixture. See bottom of page.

Yield: 4 Servings:

Prep: 20 min. Bake: 20 min.

Ingredients

- 1-1/2 cups (6 ounces) shredded Monterey Jack cheese, divided
- 1-1/2 cups (6 ounces) shredded cheddar cheese, divided
- 1 package (3 ounces) cream cheese, softened
- 1 cup picante sauce, divided
- 1 medium red or green bell pepper, diced
- 1/2 cup sliced green onions
- 1 teaspoon crushed cumin
- 8 flour tortillas (each 7-8 inches)
- Shredded lettuce
- Chopped tomato
- Sliced ripe olives

Directions

1. Combine 1 cup Monterey Jack cheese, 1 cup cheddar cheese, cream cheese, 1/4 cup picante sauce, the red pepper, onions and cumin and mix well.

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2. Spoon 1/4 cup cheese mixture down the center of each tortilla. **Three Cheese Enchiladas**
3. Roll and place, seam side down, in a 13-in. X 9-in. baking dish.
4. Spoon remaining picante sauce evenly over enchiladas; cover with remaining cheeses.
5. Bake at 350 degrees for 20 minutes or until hot. Top with lettuce, tomato and ripe olives. Serve with more picante sauce if desired.

Nutrition Facts: 1 serving (2 each) equals 709 calories, 39 g fat (22 g saturated fat), 106 mg cholesterol, 1,306 mg sodium, 60 g carbohydrate, 1 g fiber, 30 g protein.

Sargento Fine Cut Shredded 4 Cheese Mexican

This quick-melting blend gives your cooking authentic Mexican flavor.

Monterey Jack, Mild Cheddar, Queso Quesadilla and Asadero cheeses add a creamy, smooth flavor to enchiladas, burritos, quesadillas and other Mexican dishes. To see where to get it go to:

<http://www.sargento.com/products/5/sargento-fine-cut-shredded-4-cheese-mexican/>

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SIDE DISHES

Asparagus - Crispy

I got this recipe from Marion and I love it.

Directions:

1. Wash and trim your asparagus.
2. Dry well.
3. Place in a baking dish in a single layer.
4. Drizzle with good olive oil and roll them around so all get a good covering.
5. Sprinkle with salt and pepper.
6. Bake at 425 for 5-6 minutes.

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Customized Potato Salad

If you're in a rush and need to make dinner, this enhanced Potato Salad might be what you want.

Purchase a couple of pounds of store bought potato salad depending on your needs.

To give it a customized flavor add these condiments.

1 tablespoon of your favorite mustard per pound.

1 tablespoon of dill pickle relish per pound.

1 teaspoon of chopped pimentos per pound.

You'll get compliments - GUARANTEED

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Pea Salad

This is the recipe that my wife used to prepare for the family. The secret is to allow the salad to stay, covered, in the refrigerator overnight. This same recipe may be used to make a really delicious corn salad.

Yield: serves 8 to 10

Ingredients:

- 4 - 5 cans Sweet peas (15 oz. Size) or sweet corn
- 4 - 5 hard boiled eggs (sliced or rough chopped)
- 1/2 small Onion, diced
- 8 - 10 tablespoons Mayonnaise
- to taste Salt, coarse black pepper and garlic seasoning

Directions:

1. Drain the peas well.
2. Add all the ingredients in a bowl and blend carefully so as not to smash peas.
3. Refrigerate anywhere from 2 to 4 hours or overnight (preferred).
4. Garnish with sliced hard boiled egg and paprika.

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Spaghetti Squash TBA

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DESSERTS

3-2-1 CAKE

These individual little cakes are amazing and ready to eat in one minute! They are perfect for whenever you feel like a treat without all the fat and calories that cake can have. Makes 1 serving.

INGREDIENTS:

- 1 box Angel Food Cake Mix
- 1 box Cake Mix - Any Flavor
- 2 Tbsp Water (for 1 serving)

DIRECTIONS:

1. In a ziploc bag, combine the two cake mixes together and mix well.
2. For each individual cake serving, take out 3 Tablespoons of the cake mix combination and mix it with 2 Tablespoons of water in a small microwave-safe container.
3. Microwave on high for 1 minute, and you have your own instant individual little cake!
4. You can top each cake with a dollop of fat-free whipped topping and/or some fresh fruit.

HELPFUL TIPS:

1. This recipe is called 3, 2, 1 Cake because all you need to remember is: 3 tablespoons mix, 2 tablespoons water, 1 minute in the microwave!"
2. Try various flavors of cake mix like carrot, red velvet, pineapple, lemon, orange, etc. Just remember that one of the mixes has to be the angel food mix; the other is your choice. The flavor possibilities are endless.
3. You place both cake mixes into a gallon storage bag, one that 'zip locks' or 'self-seals', or a container that seals tightly, shake the two cake mixes to blend and then make the recipe.
4. Storage of mix is simple, put it on a shelf. No need to refrigerate, since the mix is dry.
5. The Angel Food is the cake mix that has the egg whites in it. So, if, anyone is allergic to egg whites, DO NOT serve this recipe.
6. We like the carrot or spice with a little 10x (Confectioners) sugar on them!

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Apple Cobbler (Bisquick)

Quick and EZ Apple Cobbler using Bisquick. You can use almost any kind of fruit with this recipe. Fresh is best but canned fruit works also.

Ingredients:

Apple Mix

- 1-1/2 cup sugar
- 3 tablespoons Flour
- 3/4 teaspoon Cinnamon
- 1/4 teaspoon Nutmeg
- 9 cups Sliced Apples

Bisquick Mix

- 1-1/2 cup Bisquick
- 1/3 cup cold water
- 3 tablespoons Sugar

Directions:

1. Put the apple Mix in a sauce pan and mix.
2. Cook over a medium heat and stir frequently until the apples are almost tender.
3. Place in a baking dish.
4. Rinse out your sauce pan.
5. Mix the Bisquick and sugar well in the sauce pan.
6. Add water and stir.
7. Spread over the apples.
8. Bake at 400 degrees for 20 to 25 minutes.
9. Let cool and serve.

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Cake Frosting or Topping

This is a very versatile topping that can be varied in many ways. You need to be original and experiment with different flavors. The topping is also good for muffins and cup cakes.

Yield: Enough for one standard sized cake.

Ingredients:

1 1.3 ounce packet of Dream Whip topping
1/2 cup Milk, cold (Standard method)
1 teaspoon Vanilla extract (Standard method)
1/2 cup Root Beer, diet or regular (Option 1 method)
1 tablespoon Chocolate syrup (Option 2 method)
1/2 cup Coconut, shredded (Optional Topping)

Directions:

Mix ingredients together. Topping and Milk and vanilla extract or milk and chocolate syrup or root beer.

Mix with an electric mixer at low speed for about two minutes, then at high speed for five to eight minutes, or until soft peaks form. Best to use a balloon whisk attachment for the mixer, if one is available for fluffier results.

Frost your cake.

Sprinkle with shredded coconut if desired.

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Chocolate Mug Cake (Takes 5 minutes)

Question: And why is this the most dangerous cake recipe in the world?

Answer: Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

Serves: 1 (2 if you are being virtuous)

Ingredients:

- 4 tablespoons flour
- 4 tablespoons sugar
- 2 tablespoons cocoa
- 1 egg
- 3 tablespoons milk
- 3 tablespoons oil
- 3 tablespoons chocolate chips (optional)
- A small splash vanilla extract
- 1 large coffee mug (Microwave safe)

Directions:

1. Add dry ingredients to mug, and mix well.
2. Add the egg and mix thoroughly.
3. Pour in the milk and oil and mix well..
4. Add the chocolate chips (if using) and vanilla extract, and mix again.
5. Put your mug in the microwave and cook for 3 minutes at 1000 watts.
6. The cake will rise over the top of the mug, but don't be alarmed!
7. Allow to cool a little, and tip out onto a plate if desired

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EZ Fruit Cobbler - Cake

Call it a dump cake, call it a fruit cobbler, call it a pie. It's extremely easy to make and your guests will rave over it. They'll want the recipe – Give it to them. Make it in a crock pot and let it cook while you do other things.

Servings: serves 6

Total time: 2 hours, 15 minutes

Prep time: 15 minutes

cook time: 2 hours

Ingredients:

- 2 regular cans of pie filling, apple, peach, blueberry, blackberry, cherry, etc.
- 1 regular box of cake mix, white, chocolate, spice, devil's food, etc.
- one fourth pound of butter or margarine.
- As needed, Ice Cream or Gelato (optional).

Directions:

1. Put the two cans of pie filling into the bottom of a crock pot and level them.
2. Put the box of cake mix in the crock pot next. Level the mix out.
3. Put spoonfuls, or pats, of butter or margarine evenly over the cake mixture.
4. Cover and cook on high for two hours and then set the crock pot onto warm.
5. Serve with Gelato (my favorite) or ice cream. This is an outstanding option.

NOTES:

1. Some crock pots will automatically perform the cooking and warming function.
2. The selection of pie and cake mix is entirely up to you. The cherry pie and devil's Food cake mix is my favorite.

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Gelatin Desert (Any Flavor)

Pick Your Flavor Homemade Jello Gelatin

Prep Time: 5 mins

Total Time: 5 mins

Yield: 2 cups (approx). Multiply ingredients to obtain yield desired.

This is even better than the real Jello! Using juice in place of water will intensify the flavor even more, for orange jello use orange juice etc. For sugar-free use a sugar substitute in place of sugar. You will need to experiment with the amount of sugar to suit your taste, for very sweet use 1 cup or reduce the amount to 3/4 cup or slightly less. Choose different flavors. For something truly different, substitute 1/2 cup of pumpkin pie mix for the kool-aid.

Ingredients

- **1-1/2 tablespoons knox unflavored gelatin (1-1/2 envelopes)**
- **1 cup water (cold or room temperature) or 1 cup juice (cold or room temperature)**
- **1 cup boiling water**
- **1 cup sugar**
- **1 Six gram packet or small envelope of unsweetened Kool-Aid powdered drink mix (choose any flavor).**

Directions

- 1. Place cold water into a heat-proof bowl or cup.**
- 2. Sprinkle Knox gelatin over the water.**
- 3. Whisk vigorously until combined.**
- 4. Add in boiling water, sugar and Kool Aid.**
- 5. whisk until no granules remain.**
- 6. Refrigerate until firm.**
- 7. Serve with whipped cream if desired.**

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Sour Cream Raisin Pie

My Mom's very old recipe.

Ingredients:

- 1 cup Sour Cream
- 1/2 cup Raisins, chopped fine
- 1/2 tsp. Cinnamon
- 1/4 tsp. Cloves
- 1 pinch Nutmeg
- 1 cup Sugar
- 3 Egg Yolks
- 1 Egg White

Directions:

1. Mix all ingredients and pour into an unbaked pie shell.
2. Bake like lemon custard.
3. Beat two egg whites.
4. Add 2 tablespoons sugar.
5. Beat until stiff but not dry. Make sure all sugar granules are dissolved.
6. Spread on pie and bake in a moderate heated oven until golden brown.

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Spotted Dog (or Spotted Dick)



Spotted dick (or dog) is a steamed suet pudding, popular in Britain. A favorite of the eighteenth century British Navy, it contained dried fruit (usually currants or raisins) commonly served with custard. Spotted refers to the dried fruit (which resemble spots) and dick may be a contraction or corruption of the word pudding (from the last syllable) or possibly a corruption of the word dough or dog, as "spotted dog" is another name for the same dish with the use of plums rather than currants. Another explanation offered for the word "dick" is that it is the German word for "thick."

Yield: serves 2

Ingredients:

- 8 ounces Flour, self rising
- 4 ounces Suet, shredded
- 8 ounces Currants or Raisins
- 1 pinch Salt
- 1 ounce Sugar
- 2/3 cup Water, cold

Directions:

1. Combine flour, salt, sugar, suet and dried fruit.
2. Add water and mix to a firm dough.
3. Form into a cylinder about 8 inches long and place into a pudding cloth (cheese cloth) that has been dipped in boiling water, wrung out and sprinkled with flour.
4. Roll pudding in the cloth and tie ends together but leave room for expansion.

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5. Place into a pan of boiling water, cover and boil for 2 hours, adding more water if necessary.
6. Unwrap and place the pudding onto a hot dish and serve with custard.

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SANDWICHES AND SNACKS

Apple and peanut butter sandwich (with variations)

Makes one sandwich.

Ingredients:

- 2 Slices toasted bread (Try different types)
- 2 to 6 Slices of fruit (Apple, banana, sliced orange section)
- 1 Dab of peanut, pecan or almond butter
- 1 Pat or dab of butter or margarine

Construction details

1. Toast bread.
2. Cover both slices with butter or margarine.
3. Cover one slice with peanut, Almond or pecan butter.
4. Spread fruit generously over the side with the nut butter.
5. Cover with other sliced of toast and slice sandwich.

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Boiled Peanuts



Traditional Southern hot boiled peanuts. Raw peanuts boiled in salt water for a salty, shell-shucking-worthy snack.

You can easily double or triple or quadruple the recipe ingredients. The longer the peanuts cook, or sit in the salty water, the saltier they will become. Also the longer the peanuts cook, the softer the shells will become. Some people prefer their peanut shells soft and almost chewy, some prefer a little firm so you can pry open the shells.

If you are making boiled peanuts for the first time, work with a small batch (like the one pound recipe that follows). If they end up too salty, use less salt the next time. If you like them softer, cook them longer. The inside of the nuts themselves should be completely soft. If crunchy or crisp, they need to cook longer.

Prep time: 5 minutes

Cook time: 2 hours, 30 minutes

Ingredients:

- **1 pound of RAW "green" peanuts (not the color green, but fresh raw peanuts which are called green peanuts)**
- **1/4 cup kosher salt or Hawaiian sea salt also known as red clay salt
** or 2 Tablespoon table salt**
- **4 cups water**
- **2 Tbsp Old Bay Seasoning, smoked paprika, shrimp boil mix, or even star anise as optional seasoning**

Directions:

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1. Thoroughly rinse raw unshelled peanuts in water.
2. Put water, salt, seasoning, peanuts in a large stockpot. Bring to a low boil. Cover and reduce the heat just enough to maintain a low boil.
3. Boil for 2 to 3 hours or longer (some boil their peanuts all day), until peanuts reach desired level of softness.
4. Drain. Eat up within a couple of days. Boiled peanuts don't save as well as dry.

**** Hawaiian salt is sea salt that has been coated in red clay and then baked. It adds a distinctive flavor, and color, to Hawaiian boiled peanuts.**

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Egg Salad Sandwich (No mayonnaise)

This quick snack is both healthy and tasty. It can be expanded for any number of sandwiches. The hard boiled eggs can be prepared ahead of time and refrigerated to save time.

Yield: serves 1

Ingredients:

2 eggs, Hard boiled, roughly chopped

1 tablespoon Ranch dressing, low fat

1/4 teaspoon Cayenne pepper

to taste Salt

2 slices Bread (thin white bread is good but I prefer whole wheat or multi-grain)

2 slices Tomatoes, sliced thin

1 leaf Lettuce

Directions:

- 1. In a small bowl, mix the eggs, dressing, cayenne pepper and salt to taste.**
- 2. Spread a very small amount of healthy vegetable margarine on both slices of bread/toast.**
- 3. Spread the egg salad evenly on one slice of the bread.**
- 4. Place the tomato slices on the other slice.**
- 5. Serve open faced on a plate with a piece of lettuce.**

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EZ Apple Butter



Apple Butter the Easy Way

"Apples, maple syrup and cinnamon are microwaved, then pureed, for quick and easy apple butter that's great on any fresh baked goods, or sandwich."

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ready In: 30 Minutes

Servings: 16

Ingredients:

- 2 pounds chopped apples
- 1/3 cup maple syrup
- 1/2 teaspoon ground cinnamon

Directions:

1. In a microwave safe bowl, combine apples, maple syrup and cinnamon.
2. Microwave on high for 15 minutes.
3. Transfer mixture to a blender and process until smooth.
4. Return mixture to bowl and microwave 5 minutes more.
5. Cool and transfer to a jar.
6. Store in refrigerator.

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Liverwurst Party Spread

Recipe courtesy of Caroline Folfe, Saddlebrooke, Arizona.

Ingredients:

- **2 packages Oscar Meyer Brunswieger (Liverwurst)**
- **1 8 ounce package cream cheese**
- **3 or 4 tablespoons sweet pickle relish**

Preparation:

- 1. Mix all ingredients together with fork until well blended.**
- 2. Put in serving dish.**
- 3. Top with chopped walnuts.**
- 4. Serve with sliced pumpernickel (small loaf)**

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Mealworms - Spiced

Directions:

1. Purchase live mealworms from a pet shop.
2. Gently wash, pat dry and freeze in resealable plastic bags to make them easier to handle.
3. When ready to cook, prepare a spice mixture of; equal parts of salt, chili powder and pepper.
4. Thaw the frozen mealworms if purchased frozen.
5. Flash cook them in olive oil for 2 - 3 minutes in a fry pan over high/medium heat.
6. Drain excess oil, sprinkle the spice mixture over cooked mealworms.
7. Enjoy.

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Popsicles

Yield: varies (to be determined)

Ingredients:

- Juice, fruit (Orange, grape, etc.)
- Coconut, shredded (optional)
- Cream (substitute half & half, sour cream with sugar, etc.)
- Fruit, pureed (orange, banana, strawberry, etc.)

Directions

1. Use fruit juice as a base. Fresh or frozen concentrate is recommended.
2. Optionally add shredded coconut.
3. Optionally add cream or other suitable substitute. Try sour cream sweetened with natural sugar.
4. Optionally add pureed fruit. Try orange, tangerine, banana or other sweet fruit.
5. Follow directions on Popsicle mold using your custom mixture.
6. Freeze overnight.
7. Unmold by placing mold in warm water for a very short time.
8. Repackage in waxed paper to store in freezer.

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SAUCES AND GRAVYS

Lemon Sauce TBA

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Mayonnaise

This recipe makes 16 servings

Ingredients:

- 1/2 teaspoon dry mustard powder
- 1/4 teaspoon salt
- 2 eggs (Yolks and white)
- 2 tablespoons white vinegar
- 2 cups vegetable oil

Directions:

1. In a food processor or blender, combine the mustard powder, salt, eggs and vinegar.
2. Set the food processor on medium speed and gradually drizzle in the oil while it runs.
3. Transfer to a container with a lid and store in the refrigerator for up to two weeks.

Tip: Be sure and label the container with the date made.

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White gravy - country gravy TBA

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SOUPS AND STEWS

Catfish Stew

Yield: serves 6

Ingredients:

- 1 pound Catfish fillets (Preferably fresh caught and cleaned.)
- 3 slices Bacon, diced into one inch squares
- 1 cup Onion, chopped
- 1/2 cup Green bell pepper, chopped
- 1 can (28 oz.) Tomatoes, Diced or chopped
- 2 cups Potatoes, peeled and diced
- 1 cup Water
- 1/4 cup Catsup
- 2 tablespoons Worcestershire sauce
- 1 teaspoon Salt
- 1/2 teaspoon Pepper, ground
- 1/2 teaspoon Thyme

Directions:

1. Wash the catfish fillets and cut them into 1-inch pieces.
2. Fry the bacon for 2 to 3 minutes in a large, heavy saucepan.
3. Add the onion and bell pepper and cook until tender.
4. Add the remaining ingredients and bring to a simmer.
5. Cook, covered, for 30 minutes.
6. Add the fish and cook for 20 minutes.
7. Correct the seasonings if necessary.
8. Serve hot with cornbread.

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Gazpacho Soup - Quick

Diane's favorite Gazpacho and enjoyed by many of our guests.

Preparation time: 15 minutes.

Ingredients:

- 1 can (10 3/4 ounces) Campbell's® Condensed Tomato Soup
- 1 cup water
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 medium cucumber, seeded and chopped (about 1 cup)
- 1 small green pepper, chopped (about 1/2 cup)

Directions:

1. Stir the soup, water, vinegar, oil, onion, garlic, cucumber and pepper in a medium bowl.
2. Cover and refrigerate for at least 2 hours (Overnight is best).

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Gumbo - Basic

Use with Shrimp, Crab, Chicken, Sausage or Seafood.

Servings: 4

Prep Time: 25 minutes

Total Time: 1 1/4 hr

Ingredients:

- 1/3 cup flour
- 1/4 cup canola oil
- 1/3 cup celery, chopped
- 1/3 cup bell pepper, chopped
- 1/2 cup yellow onion, chopped
- 3 cloves garlic, chopped fine
- 1 (16 ounce) can chopped tomatoes
- 3 cups chicken broth
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 2 bay leaves
- 2 tablespoons Worcestershire sauce
- 1/2-1 teaspoon hot pepper sauce (Tabasco or cayenne pepper to your taste)
- 1/2 teaspoon salt
- 1/2 cup canned corn or 1/2 cup frozen corn
- 1/4-1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- 2 cups okra, sliced (fresh or frozen)
- 1/2-1 lb shrimp, Chicken, Crab, Seafood or Sausage
- Rice as a bed for the Gumbo

Directions:

1. Add oil to skillet, heat over medium heat
2. Add the flour, to make a roux. It is ready when it's color matches that of a penny. This may take about 15 minutes.
3. Stir in onion, celery, bell pepper, garlic, and black pepper.
4. Cook over medium heat about 3 minutes or till vegetables are crisp and tender.

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5. Gradually stir in chicken broth, tomatoes, salt, Worcestershire sauce, pepper sauce, corn, okra, Basil, thyme, cumin and bay leaf.
6. Bring to boiling point; reduce heat.
7. Cover and simmer for 20 to 30 minutes.
8. For the Shrimp version, add Shrimp (cleaned and shelled) and a can of crabmeat during the last 5 minutes.
9. For the Chicken version, add chicken breast and smoked sausage during the last 20 to 30 minute cooking time.
10. For the seafood version, add fish during the last 20 to 30 minutes cooking time.
11. Serve over Rice.

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Pease Porridge Soup - Simple

Prep Time: 10 Minutes, Cook Time: 1 hrs 10 mins, Serves: 4

Ingredients:

- 1 1/4 cups dried whole green peas (or frozen peas)
- 2 cups milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Directions:

1. Put the dried peas into a mixing bowl and cover with cold water. let them soak overnight.
2. Drain & rinse the peas.
3. Put the peas in a saucepan with the milk & cook them slowly over low heat. do not let the milk boil.
4. Stir the peas occasionally so they don't stick to the pan.
5. When peas are soft, (about 1 to 1-1/2 hours) take the saucepan off the heat & mash the peas into a smooth paste.
6. Stir in the black pepper & salt.
7. Put the mixture into a serving dish.

Tip: Note: Use frozen peas and skip steps 1 & 2. Also reheating will only improve the taste.

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Pease Porridge Soup - Elegant

Total Time: 2 hours 30 minutes (plus at least 6 hours for steeping)

Ingredients:

- 1 pound whole dried peas (split dried green peas may be substituted)
- 1/3 pound slab bacon, cut in 1/2-inch cubes
- 2 medium-size carrots, scraped and diced
- 2 medium-size onions, peeled and chopped
- 2 small white turnips, peeled and diced
- 1 tablespoon chopped fresh sage, mint or summer savory, or 1 teaspoon dried sage
- 1 tablespoon butter or oil
- Salt and freshly ground black pepper to taste
- 1/2 cup light cream or half-and-half (optional)
- Minced fresh mint or another savory for garnish

Preparation:

1. Place peas in a bowl and cover with water to a depth of 2 inches above the peas. Set aside to steep for six hours or overnight.
2. Drain peas and place in a soup kettle.
3. Add bacon, carrots, onions and turnips and stir to mix well.
4. Cover with water to a depth of 1 inch above the mixture. Add sage.
5. Place over medium-low heat and bring to a boil. Reduce heat until barely simmering, cover and simmer 2 to 3 hours or until peas lose their shape and start to become creamy. Add a little boiling water from time to time if necessary. The porridge will be thick, but not what we think of today as porridge.
6. When soup is done, remove bacon chunks. Saute bacon in butter until brown on all sides.
7. Add salt and pepper. Soup may be put through a sieve and cream may be added if desired to make it a bit richer.
8. Serve garnished with the fried bacon chunks, sippets (triangles of thin crust-less bread lightly fried in butter or bacon fat) and a little minced mint.

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Taco Soup



This recipe came from Joanie who is married to a hunter.

Ingredients

- 1 lb Lean Ground Beef, Turkey, Deer, Bison
- 1 Lg chopped onions
- 1 Cup Carrots (Chopped)
- 1 Cup Celery (Chopped)
- 1 Can Canneloni Beans
- 1 Can Kidney Beans
- 1 Can Chili beans
- 1 16 oz can chopped tomatoes
- 1 16 oz can Tomato Sauce
- 1 lb fresh or frozen corn
- 1 Can Rotel Tomatoes
- 1 Can Refried Beans
- 1 pkg Taco Seasoning
- 1 pkg Ranch Dressing Mix
- 1 1/2 Cans Water
- 1 Can Black Beans (optional)
- 1 Can Green or Yellow Beans (optional)
- 1 Cup Mushrooms (Coarsely chopped)(optional)

Directions

1. Brown meat, drain and mix in taco seasoning.

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2. In same pan sauté onions, celery, and carrots.
3. Start adding ingredients now, refried beans next stir well. Now add all remaining cans (ingredients and liquids) and any optional ingredients. Add Ranch Mix and water.
4. Bring to a boil, reduce heat to simmer.
5. Enjoy.

Weight Watchers. 3 points per cup.

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Vegetable Soup - Georgia Barrett Style

This is the soup that my Mother-In-Law Georgia Barrett would make for me when I was sick or when I was well. It is probably the most basic and tasty soup that you can make. The recipe is full of vague directions as she never wrote it down and it varied depending on what she had in the refrigerator. The key ingredient is the soup bone. She would have the butcher custom prepare her soup bones and then she froze them for when she had accumulated enough of the ingredients.

Yield: serves 10

Ingredients:

- 1 each Soup bone with meat
- 1 large can Tomatoes (or two regular cans)
- 1 can Tomato Soup
- 1 package Mixed vegetables, frozen
- 1 Onion, large
- 3 stalks Celery, large, chopped
- 1 cube Beef bouillon
- 2 tablespoons Salt
- 1 cup Cabbage, shredded
- 1 tablespoon Parsley flakes
- ? cups noodles, spaghetti or diced potatoes
- ? cups Leftover peas, beans or corn

Directions:

1. Fill large pot 3/4 full of cold water.
2. Add soup bone and salt.
3. Let simmer for 1 hour.
4. Add diced onions and celery.
5. Let simmer for another hour.
6. Add tomatoes and roughly break them up.
7. Add in tomato soup.
8. Continue to simmer for 1 to 1-1/2 hours.
9. Add frozen mixed vegetables plus leftover peas, beans and corn.
10. Add shredded cabbage and parsley flakes.
11. Let simmer for another hour.

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12. Add noodles, spaghetti or diced potatoes.
13. Continue simmering for another half hour.
14. Serve and refrigerate leftover soup. It will improve in flavor with each reheating.

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SPICES AND RUBS

Cajun Spice Mix

You can use the pre-made Cajun spice mix from the local grocery store but if you have these spices in your pantry this mix has much less salt than store bought. You can make it up and store the unused mixture. It goes great on grilled meats and fish or just added to plain rice before cooking.

Ingredients:

- 1 tablespoon, Salt
- 2 teaspoons, Cayenne pepper
- 2 teaspoons, Black pepper
- 1 teaspoon, White pepper
- 1 teaspoon, Cumin
- 1 teaspoon, Paprika
- 2 teaspoons, Oregano
- 1/2 teaspoon, Baking Powder

Directions:

1. Blend in a small bowl.
2. This recipe may be made doubled or tripled.
3. Date and store remainder in an air-tight container.

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Salt Free Spices

Five spices to use instead of salt. Most brands are salt-free, but check to make sure you're using a salt-free product.

1. Chili powder tastes great in chili, as taco meat flavoring or adding to Rubs.
2. Smoked paprika adds a deep brown color to bread crumb casserole toppings, barbecue rubs or to seasoning blends for sautéing or searing any proteins. Also adds a great smoky flavor to marinades.
3. Lemon zest adds a lively taste to bread crumbs, breaded chicken tenders and fish sticks or to renal-friendly vegetables like eggplant or string beans. Also great in dressings and marinades, or mixed with dry spices and used as a rub for broiled or baked seafood.
4. Dried oregano enhances the flavor of scampi sauces and combines well with lemon zest. Gives steamed vegetables or tossed salads a fresh, earthy taste and aroma, or add it to fajitas seasonings, along with chili powder, cumin, cayenne and lemon zest.
5. Italian seasoning, a blend of thyme, oregano, and basil is great for finishing off sauces such as stroganoff or gravies. Works well on baked, grilled, or sauted proteins with lemon zest and a little oil. Or add it to lemon zest, juice, and olive oil to make dressings or marinades.

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Spice Rub for Grilled Steaks

Prepare in bulk and refrigerate.

- 2 Teaspoons Ancho Chile Powder
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Hot Paprika
- 1 Teaspoon Garlic Powder
- 1 Tablespoon Kosher Salt
- 1 Teaspoon Freshly Ground Pepper
- 3 Pounds of Steak to be Grilled (1 inch thick) T-Bone recommended

Directions:

1. Prepare the Spice Rub.
2. Season the steaks.
3. Grill over moderate heat for 8 minutes per side.
4. Set aside and let rest for 5 minutes.
5. Serve.

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THE END.