

MADE IN VIRGINIA RECIPES

Virginia Brunswick Stew

1 whole chicken, cut up
1 large onion, peeled and quartered
2 ribs celery, diced
1 teaspoon salt
¼ teaspoon pepper
16 ounces white corn, can used canned
10 ounces frozen small butterbeans
1 pound canned tomatoes
4 small potatoes, cubed
1/3 cup ketchup
2-3 Tablespoons vinegar
1 Tablespoon brown sugar
1 teaspoon Worcestershire sauce
½ teaspoon Tabasco
2 – 3 Tablespoons butter

Place chicken in Dutch oven and add enough water to cover well. Add onion, celery, salt, and pepper. Boil until chicken comes off bones easily. Remove chicken to cool and add the corn, butterbeans, tomatoes, potatoes, ketchup, brown sugar and vinegar; cook 2 hours or until tender.

Meanwhile remove chicken from bones and shred and add to vegetables along with Worcestershire sauce, Tabasco, and butter.

Serves 6 to 8

Note: you can vary the amount of water for a thicker or leaner stew.

Recipe from “Virginia Hospitality: A Book of recipes from 200 years of Gracious Entertaining.

Cream of Peanut Soup

1 quart Chicken Broth or homemade chicken stock
2 carrots, chopped
1 yellow onion, peeled and chopped
1 cup smooth-style peanut butter
1 cup whipping cream or half-and-half

½ cup dry-roasted peanuts
Salt and Pepper to taste
Tabasco to taste

Place the stock in a 2-quart pot and add the carrots and onions. Bring to a boil and turn down to a simmer. Cook covered, until the vegetables are very tender. Puree in a food processor or with a hand-held blender. Return the smoothed mixture to the pan and stir in the remaining ingredients. Bring this to a simmer, taste and then serve. Watch out to not add too much salt as the peanuts may contain salt.

Recipe from Martha Curtis, General George Washington's step-granddaughter

Virginia Spoon Bread

Spoon bread is simply a very rich and dense corn bread, a dish so dense that it must be served up with a spoon. General Washington loved this dish and it was apparently served quite often at Mount Vernon.

1 cup cornmeal, either white or yellow
1 ½ teaspoons salt
2 cups milk, scalded
2½ teaspoons baking powder
2 eggs, separated

Mix the cornmeal and salt together and stir them into the hot milk. Cook over very low heat, stirring all the time, until thick and smooth. Continue cooking for 15 more minutes, stirring occasionally. Cool slightly. Stir in the baking powder and well-beaten yolks, and fold in the stiffly beaten egg whites. Turn into a greased casserole or 8-inch square pan. Bake in a moderate oven (375) for about 35 minutes or until the bread is firm and the crust is brown. Serve from the baking dish.

Martha Washington's "Virginia Cake"

General Washington had a special fondness for this cake. The family referred to this cake as "Virginia Whiskey Cake," since it had a lot of whiskey in it, which was also made at Mount Vernon. This was an unusual type of fruit cake and it kept for a good time, thus offering Mrs. Washington another course for those unexpected visitors who constantly appeared at her front door. It should have lasted for some time since her original recipe called for 40 eggs, 4 pounds of butter, 5 pounds of flour and an equal amount of fruit. (NOTE: I have reduced the amount of ingredients to a more manageable amount.)

1 stick butter, softened	1 cup sweet port wine
½ cup sugar	¼ cup brandy
3 cups flour	1 ½ cups diced, dried mixed fruit (for fruitcake)
2 teaspoons baking powder	6 eggs, separated
1/8 teaspoon ground nutmeg	1 cup whiskey
¼ teaspoon ground mace *	

Cream the butter and sugar until smooth. Mix in the yolks. Mix the flour, baking powder, and spices together. Stir the flour mixture into the egg/sugar mixture. Mix in the port and the brandy. Stir in the dried fruit.

Whip the egg whites until they form very soft peaks. Stir in a quarter of them to lighten the batter. Fold in the remaining egg which, very gently.

Bake in a preheated 325-degree oven in 2 loaf pans for 1 hour, or until a toothpick stuck in the middle of the cake comes out clean. Cool the cakes and pour half of the whiskey over each cake. Cover each cake pan with either several layers of cheese cloth or with aluminum foil and allow the cakes to sit for a day before serving.

*you can use ground allspice, cinnamon, ginger or nutmeg in place of ground mace

Apple Crisp

General Washington was also found of this recipe for Apple Crisp. The Shenandoah Valley of Virginia is known for its apples, and Winchester, VA., located on at the northern tip of the Shenandoah Valley, is often called “The Apple Capital of the World.”

4 cups peeled, sliced tart apples (about 4 medium size apples)
2/3 to ¾ cup packed brown sugar
½ cup flour
½ cup oats
¾ teaspoon ground cinnamon
¾ teaspoon ground nutmeg (use freshly ground)
1/3 cup softened butter/margarine

Preheat the oven to 375-degrees. In a greased 8x8 or 9x9 pan, arrange the apple slices. Mix remaining ingredients together then sprinkle it all over the apples.

Bake until the topping is golden brown and the apples are tender, about 25 – 35 minutes. Remove and serve warm. The General liked his topped with a scoop of home-made ice cream.

Tomato Salad

A vine-ripened tomato remains one of the greatest things in the food world, or so said Mr. Thomas Jefferson. Here is a simple recipe from the Jefferson home cookbook.

5 ripe large tomatoes
2 white onions, either Vidalia, or Walla Walla.
1 cup Vinaigrette Dressing – Recipe follows
Salt and pepper to taste
Parsley chopped for garnish

Slice the tomatoes and onions thin. Layer in a bowl or oblong dish, tomatoes then onions, and add the dressing and a pinch of salt and pepper. Allow to marinate in the refrigerator for 2 or more hours before serving. Top with the chopped parsley at serving time.

Vinaigrette Dressing

½ teaspoon oregano	1 cup olive oil
½ teaspoon rosemary	½ cup white wine vinegar
¼ teaspoon dry mustard	2 tablespoons water
½ teaspoon sugar	2 teaspoons fresh lemon juice
½ teaspoon salt	2 peeled & crushed cloves of garlic
¼ teaspoon freshly ground Black pepper	1 teaspoon Worcestershire sauce

Place the dry ingredients in your food processor and using the metal blade, grind for a few moments. Now add the liquids and whip to an emulsion or until it is thick. Store in the refrigerator for at least 1 ½ hours before using. It will keep for several days in the refrigerator.

Chef Cal's Chive Biscuits with Mascarpone Pepper Jelly & Virginia Ham

Mascarpone Pepper Jelly:

8 ounces mascarpone cheese, softened
¼ cup Stonewall Kitchens Red Pepper Jelly – see footnote below
Salt to taste

Chive Biscuits:

3 cups all-purpose flour
1 tablespoon salt
4 teaspoons baking powder
1 tablespoon plus 1 teaspoon sugar

3 tablespoons finely chopped chives
1 ½ cups heavy cream

For assembly:

10 slices Virginia Country Ham
1 small bunch frisee

In an electric mixer fitted with a paddle attachment, combine the mascarpone cheese and pepper jelly on low speed until well mixed; season with a pinch of salt.

For the biscuits:

Preheat the oven to 350-degrees. Line two baking sheets with parchment paper.
In a mixing bowl, combine the flour, salt, baking powder, and sugar. Add the chives. Mix well.

Make a well in the center of the dry ingredients, add the heavy cream and stir with a wooden spoon. Turn the dough out onto a lightly floured board and gently knead until it forms a ball. Roll the dough out to a thickness of ¼ inch. Using a biscuit or cookie cutter cut out 2 – inch rounds and then place on the baking sheets. Bake for 5 minutes, rotate the baking sheets, and bake for 5 minutes more, or until biscuits are barely golden. Remove the biscuits with a spatula and cool on a wire rack. Allow them to cool completely before splitting in half.

To assemble:

Cut the chive biscuits in half and lay them out on a cutting board. Spoon a little of the mascarpone pepper jelly on each half; then place a few slices of the country ham on one slice, add a leaf or two of the frisee and top with the other half of the biscuit.

Recipe adopted from the Inn at Little Washington

Warm Granny Smith Apple Tarts

Patrick O’Connell, the owner and Executive Chef of the Inn at Little Washington says of this dessert, *“Being in the heart of apple-growing country, we’ve tried every apple dessert imaginable over the years. This is the most delicate of apple tarts. Apple slices are sautéed briefly in butter, whiskey, and cream, then arranged on thin disks of pastry and baked just before serving. A scoop of ice cream melting on top makes them even more irresistible.”* I can attest to that as I have been serving these tarts to my customers for years and they are always a hit. So here is the recipe, straight from the Inn. I hope you get a chance to make these.

Basic Pie dough or 1 Package Puff Pastry Sheets
2-3 Granny Smith Apples
3 Tablespoons unsalted butter
½ teaspoon cinnamon

2 Tablespoons heavy cream
6 Tablespoons Southern Comfort
Non-stick cooking spray
1/3 cup white sugar mixed with 1 rounded teaspoon cinnamon
Vanilla Ice Cream

On a floured surface, roll the dough out or with puff pastry, roll out the seams. Lay a bowl about 5 inches in diameter upside down on the dough and using the rim as a pattern, cut out six circles with a sharp paring knife. Place the pastry dough between sheets of wax or parchment paper and refrigerate.

Peel and core the apples. Using a mandolin or sharp knife, slice the apples into 1/8-inch sections. In a large sauté pan, melt the butter over medium heat. Add the apple slices and cook for several minutes. Add the cinnamon and cream. Carefully add the Southern Comfort, averting your face in case the liquid ignites. Continue cooking until the apples are soft and pliable.

Remove the apples with a slotted spoon and place on a parchment lined baking sheet. Refrigerate until ready to assemble. Meanwhile, reduce the cooking liquid by one-half. Set this mixture aside to glaze the tarts once they have been baked.

To finish – remove the pastry circles from the refrigerator. Spray several baking sheets with nonstick cooking spray and lay the rounds on them. Place the chilled apple slices in concentric circles around the pastry, leaving a ¼ -inch border at the edges. Roll one apple slice into a tight circle to form a rosette and place in the center of each tart. (Note: the tarts can be assembled up to this point and refrigerated.)

Preheat oven to 400-degrees. Dust the tarts with the cinnamon sugar and bake for about 7 minutes, or until the crust is a rich golden brown. Remove the tarts from the oven and brush with the reserved cooking liquid. Serve the tarts on individual plates with a scoop of good French Vanilla Ice Cream. Drizzle some caramel sauce over the plate, if you desire.

Last, but by no means least,

Virginia Country Ham

Back in the day of Mr. Washington and Mr. Jefferson, hams were cured on the plantations and finished in a smokehouse located very near the cook kitchens. Most hams found today on the American market bear no resemblance whatsoever to the old dry-cured hams of Washington and Jefferson. With a bit of detective work you can find a ham from Smithfield, Virginia which still prepares them very much as in Colonial times. They are however; loaded with salt and must be soaked for a good time before cooking. The result is worth the effort, I promise.

Before cooking, place the ham (a dry cured ham) in a sink full of hot water, and scrub hard with a bristle brush removing as much of the dried salt as possible. Continue to soak the ham in fresh water, changing the water twice a day, for about 2 days. To bake the ham you will need to boil it first. The instructions will be on the package. Normally you will put the ham in a large pot and cover with water, and bring to a simmer. Then discard that water, add fresh water and follow the directions on the ham package. This way you have eliminated almost all the “curing salt”.

Fried Virginia Ham is a wonder, but it too is very salty. The ham is sliced and then pan-fried. When the ham is put on the plate, a liquid (some water with either Coke or a Coke/coffee mixture) is added to the hot pan to dissolve the wonderful reddish-brown fond (bits of ham on the bottom of the pan) and you have what is commonly known as “Red Eye Gravy.”