

# Recipes from Miss Mary Bobo's Boarding House located in Lynchburg, Tennessee

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Shortly before noon about 60 guests gather on the front porch and lawn of Miss Mary Bobo's Boarding House in Lynchburg, Tennessee, for a mid-day dinner. Each table is cared for by a Lynchburg hostess, a lady from the town who sees to it that the bowls and platters are kept full, that everyone meets each other at the table, that the conversation is always flowing and that everyone has a grand time. The dinner bell is rung and as each name is called, diners follow their hostess to the dining table. Hot bowls of food are placed randomly on the long tables. Two entrees, fresh vegetables picked that morning and freshly baked bread, rolls or cornbread are served. Now you can give your family, friends and guests some of the same delicious southern dishes served at Miss Mary Bobo's Boarding House. The recipes are all original and not too difficult to prepare. So come join me for some good recipes and cooking ideas as they exist even today at Miss Mary Bobo's Boarding House. The recipes we are going to be talking about today are as follows:

Tennessee Onions

Cheese Soup

Simple Supper Tomatoes

Louise's Cole Slaw  
Miss Mary's Tenderloin Tips  
The Boarding House Spoon Bread  
Miss Dills Pot Roast  
Mary Lou's Salmon Cakes  
Miss Mary's Famous Baked Apricot Casserole  
Sideboard Potatoes  
Confederate Fruitcake  
Miss Mary's Dump Cake  
Jack Daniel's Pecan Pie

## A little history

Somewhere between Tullahoma, Winchester, Fayetteville and Shelbyville is Moore Country, the smallest of Tennessee's 95 counties. In the spring of each year folks come to Columbia – on the other side of the interstate – for the festivities of Mule Day; in the summer they come to Tim's Fork Lake to fish and swim and in the fall they come to Shelbyville for the Tennessee Walking Horse Festival.

But all year around and from all over the world, people come to Lynchburg, the county seat of Moore County, to tour the Jack Daniel Distillery. And many stay to have one of the finest home-cooked meals anywhere at Miss Mary Bobo's Boarding House. Two meats, an abundance of vegetables and side dishes, homemade breads, desserts, and beverages all made with the same special care that Miss Mary Bobo used since 1908.

That was when she and Jack Bobo bought the house from the family of Dr. E.Y. Salmon and began taking in boarders. Jack Bobo died in 1948 and Mary continued to welcome roomers until a few years before she died in 1983 at the age of 101. Today, Lynne Tolley continues the tradition of serving mid-day dinners that are simple, abundant, and delicious. The same cooks who have been preparing the dishes for many years are still cooking the old-fashioned way, using iron skillet for chicken, real meringue for pies, and fresh picked vegetables.

## Recipes from Mary Bobo's Boarding House

### Tennessee Onions

Ingredients:

3 large sweet onions, sliced into 1/4 inch slices  
1½ tsp Cajun seasoning, or more to taste  
1 tsp garlic powder  
4 tbsp. butter, cut into 6 slices  
1 cup shredded Cheddar cheese  
1 cup shredded mozzarella cheese  
½ tsp. dried oregano  
½ cup grated Parmesan cheese

Preheat oven to 350-degrees

Arrange ½ of the onions on the bottom of a 9x13 inch casserole dish. Sprinkle with half the Cajun seasoning and half the garlic powder. Repeat with remaining onions, seasoning and garlic powder.

Arrange butter on top of the onions and top evenly with Cheddar and Mozzarella cheese. Sprinkle oregano over cheese and top with Parmesan cheese.

Bake in preheated oven until onions are tender and cheese is melted, bubbly, and golden brown around the edges, about 35 minutes. Allow to cool for 5 minutes then then serve.

### Cheese Soup

¼ cup butter  
½ cup celery, finely chopped  
½ cup onions finely chopped  
½ cup carrots, finely chopped  
½ cup all-purpose flour  
1 tbsp. cornstarch  
4 cups milk

4 cups chicken broth  
1 tsp. baking soda  
1 pound sharp Cheddar cheese, cubed

In a large, heavy saucepan, melt the butter and sauté. Add the flour and cornstarch stirring until smooth. Gradually add the milk and broth. Cook until thickened and bubbly. Stir in the baking soda and cheese. Reduce the heat to low and cook until the cheese melts. Serve warm. Serves 6-8

### **Simple Supper Tomatoes**

6 large, firm, ripe tomatoes, sliced  
1 bunch green onions, slice, including half of the green tops  
2 tbsp. parsley, minced  
2 tbsp. sweet basil, minced  
Salt and pepper to taste  
¼ cup olive oil  
¼ cup apple cider vinegar  
¼ cup apple cider vinegar  
1 clove garlic, pressed to release juice  
1 tsp. sugar  
1 tsp. salt  
1 tsp. Worcestershire Sauce

In a large glass bowl, layer the tomatoes and onions. Sprinkle with parsley, basil, salt and pepper. In a small mixing bowl blend the oil, vinegar, garlic, sugar, salt and Worcestershire sauce with a wire whisk or electric mixer to combine and blend well. Spoon this over the tomato slices. Cover the dish and chill until supertime. Serves 6

### **Louise's Cole Slaw**

1 pound cabbage, shredded  
1 medium onion chopped  
2 carrots, Shredded  
1 green pepper chopped

2 tsp. Salt  
½ cup white vinegar  
1tbsp.suar  
½ cup salad oil  
1 tsp. celery salt

In a large bowl combine the vegetables. Stir to mix. Sprinkle with salt and let stand for twenty minutes. Drain any liquid that accumulates. Combine the remaining ingredients and pour over vegetables, toss to cover. Chill overnight. Note: if you like pickles, added to our coleslaw, this is a good one to add – ¼ cup coarsely chopped pickles, either sweet or dill, but not both. Just combine the vegetables and toss as above. Serves 6 – 8

### **Miss Mary's Tenderloin Tips**

¼ cup butter  
2 pounds beef tenderloin tips, thinly sliced  
2 tsp. salt  
1 cup mushrooms-sliced  
¼ cup onion, chopped  
1 clove garlic, minced  
½ cup Burgundy wine  
/2 cup Jack Daniels Whiskey  
1 cup- canned tomatoes, crushed  
2 cubes beef bouillon  
2 tsp. Sugar  
Mashed potatoes

In a large skillet melt the butter and sauté he meat quickly, half at a time, until browned. Add the salt, mushrooms, onions and garlic and simmer for several minutes, adding extra butter if needed. Add the wine, Jack Daniels Whiskey, tomatoes, bouillon cubes and sugar. Simmer for 30 minutes or until tender. Serve on a platter with mashed potatoes. Serves 4

### **The Boarding House Spoon Bread**

4 eggs, separated  
2 cups milk  
3 tbs. butter  
1 cup cornmeal  
1 tsp. baking powder  
½ tsp. Salt  
¼ tsp. cream of tartar

In a small mixing bowl beat egg yolks with an electric mixer at high speed until thick and light. Set them aside.

In a saucepan over medium heat combine the milk and butter. When hot, stir in the cornmeal, baking powder, and salt. When the batter thickens, remove the pan from the heat and gradually beat in the egg yolks. Set the pan aside.

In a medium bowl, beat the egg whites with cream of tartar until stiff. Gently fold the batter into the whites and pour into a greased 2-quart baking dish. Bake at 375-degrees for 35 minutes or until a knife inserted in the center comes out clean. Serve immediately with lots of butter. Serves 6

### **Miz Dill's Pot Roast**

2 pounds beef – chuck roast  
1 tsp. salt  
½ tsp. pepper  
2 tsp. seasoned meat tenderizer  
¼ cup all-purpose flour  
1 large onion sliced  
1 bell pepper sliced  
1 cup water

Rinse and pat the roast dry. In a shallow bowl mix the salt, pepper, meat tenderizer, and flour. Press the seasoning onto all sides of the roast. Place the roast in a Dutch oven; add the vegetables and water. Cover and bake at 350-degree for 2 hours. Cut the cooked roast into pieces and serve.

Note: This roast makes its own gravy, so it is perfect for those hostesses who hate to make gravy. At Miss Mary's this roast is served on a platter with cooked carrots and the gravy over all. Serves 6

### **Mary Lou's Salmon Cakes**

1 -16 oz. can red sockeye salmon, drained and flaked  
½ cup oatmeal  
½ cup milk  
1 egg, slightly beaten  
3 tbsp. onion, finely minced  
3 tbsp. green pepper, chopped  
Oil for cooking

In mixing bowl, combine the salmon, oatmeal, milk, egg and vegetable. Stir to blend. Shape into six patties, pressing firmly to hold together. In a large skillet heat the oil and pan fry by browning on both sides. Excellent served with tartar sauce, white sauce with cheese added or with ketchup. Serves 6

### **Miss Mary's Famous Baked Apricot Casserole**

1 17-oz. can apricots halves, drained  
1 cup light brown sugar, firmly packed  
1½ cups butter cracker crumbs (Ritz or Town House crackers.)  
½ cup butter

In a greased casserole dish arrange the apricot halves cut side up. Sprinkle first the brown sugar and then the cracker crumbs over the apricots. Dot the crumbs with butter. Bake the casserole at 350-degrees for 35 minutes, or until it has thickened and is crusty on the top. Yum! Serves 4-6

### **Sideboard Potatoes**

6 medium potatoes



1 tsp. salt  
2 large onions, peeled and sliced  
1 cup celery, minced  
2 cups half and half  
2 cups Cheddar cheese, shredded  
¼ cup butter

Peel and slice the potatoes. In a large saucepan parboil the potatoes in slightly salted water to partially cook. In a greased shallow baking dish, arrange the potatoes and onion slices so they slightly overlap each other. Sprinkle with salt and pepper. Spread minced celery over top. Pour half and half all over; top with the shredded cheese and dot with butter. Cover and bake at 350-deerees for 45 minutes. Uncover and continue baking for 15 minutes. Serves 6

### **Confederate Fruitcake**

1 cup butter  
2 cups sugar  
2 eggs, slightly beaten  
3½ cups all-purpose flour  
1 tsp. baking soda  
¼ tsp. salt  
1 tsp. cinnamon  
¼ tsp. nutmeg  
¼ tsp. cloves  
1½ cups applesauce  
¼ cup Jack Daniels Whiskey  
1 pound small gumdrops (if using larger ones, cut into small pieces)  
1 cup pecans  
½ cup all-purpose flour

In a large bowl, cream the butter and sugar until light and fluffy. Add the eggs and beat well. In a separate bowl, combine 3½ cups of flour, the b aking soda, salt, and spices and add the mixture alternately to the batter with the applesauce and Jack Daniel's Whiskey. In a small bowl, combine the gumdrops, pecans and the remaining flour. Gently stir them into the batter.

Pour the batter into a greased and floured 9-inch tube pan. Bake at 325-degrees for 1 hour and 45 minutes or until the cake tester comes out clean. Cool. This cake is moist and keeps well. It is excellent served with the Gentleman's Sauce flavored with Jack Daniel's Whiskey. The cake will yield 16 servings.

### **Miz Mary's Dump Cake**

**1 20-oz. can crushed pineapple, undrained**

**1 cup light brown sugar**

**1 cup shredded coconut**

**1 cup pecans, chopped**

**1 18 oz. box yellow cake mix**

**½ cup butter, cut up**

**Whipped Cream**

Heavily spray a 13 x 9- inch baking pan with cooking spray. Set aside

Dump the crushed pineapple into the baking pan, carefully spreading so it covers entire bottom of the pan. . Crumble ½ cup brown sugar over the pineapple. Sprinkle it with the shredded coconut, pecans, and remaining sugar. Gently spoon the cake mix over everything and pat it down lightly. Dot the cake mix with the butter. Bake this at 350-degree for 35 to 40 minutes. Cool. Cut into squares and top with whipped cream to serve. Yields 15 servings

### **Jack Daniel's Pie**

3 extra large eggs, slightly beaten

1 cup sugar

2 tbsp. butter, slightly melted

1 cup dark corn syrup

1 tsp. vanilla extract

½ cup Jack Daniels Whiskey

½ cup semisweet chocolate chips

1 cup pecan halves

1 unbaked 10-inch pie shell

In a medium bowl combine the eggs, sugar, butter, syrup, vanilla, and Jack Daniels Whisky. Mix well. Sprinkle the chocolate chips over the bottom of the unbaked pie shell and add the pecans. Pour the filling over the ships and pecans. Bake at 375- degrees for 35 to 40 minutes, or until a knife inserted about hallway between the center and the edge comes out clean.

Set the cooked pie aside to cool. Yield 6 to 8 servings.

### **Gentleman's Sauce**

1 cup sugar

1 tbsp. cornstarch

¼ tsp. salt

1 tbsp. butter

1 cup boiling water

¼ cup Jack Daniel's Whiskey

In a small bowl combine the sugar, cornstarch, salt and butter. Gently stir this mixture into the boiling water and cook until clear, about 2 minutes. Remove from the heat and stir in the Jack Daniel's Whiskey. This sauce is delicious spooned over cake, ice cream or pudding.